Azadi

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VOICE TO THE VOICELESS

Ka **Amrit Mahotsav**

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NEWS IN BRIEF LG asks citizens to hoist tricolor

Srinagar, August 13: Jammu and Kashmir Lt Governor Manoj Sinha on Saturday appealed to all citizens to hoist the tricolor at their homes and celebrate the spirit of 'Azadi Ka Amrit Mahotsav'

The Lt Governor started the 'Har Ghar Tiranga' campaign by distributing national flags among the Raj Bhawan staff here, an official spokesman said.

He paid tributes to the martyrs and freedom fighters. He appealed to all the citizens to hoist the tricolor at their homes.

LG interacts with IAF **Gallantry Awardees**

Srinagar, August 13: Lieutenant Governor Manoj Sinha interacted with serving and retired Gallantry Awardees of Indian Airforce at the Rai Bhavan here today.

The Lt Governor felicitated Air Commodore Pankaj Mittal, Group Capt R Agarwal, Wg Cdr Rajiv Chauhan and Sq Ldr S Nair and complimented them for their service towards the Nation.

The Lt Governor lauded the personnel of security forces for their indispensable contributions towards ensuring peace and progress of the country.

We are always indebted to the veterans and serving personnel of all security forces who are guarding the Nation and ensuring peaceful and safe environment for citizens,

Two cops injured in road mishap, one critical

Srinagar, August 13: Two policemen were injured in a road mishap in Shalteng area on the outskirts of Srinagar on Saturday.

Head Constable Ishfaq Ahmad and Constable Ghulam Murtaza were injured after they tried to stop a scooty during Naka checking at Shalteng, however, the scooty rider lost his control and hit the cops. The injured cops were rushed to JVC Hospital for treatment, however, CT Ghulam Murtaza was shifted to SKIMS Soura for specialized treatment, where his condition is stated to be critical.

Police have taken cognizance of the

Govt reinstates Faesal as union Dy Sec Tourism

Jammu, August 12: The Department of Personnel and Training (DoPT) has reinstated Jammu and Kashmir's IAS officer Shah Faesal and posted him as Deputy Secretary in the Union Ministry for

Tourism. Faesal, a 2010 batch IAS topper of erstwhile Jammu and Kashmir cadre, now AGMUT, had resigned from the services in January 2019 and formed political party Jammu and Kashmir People's Movement

However, he quit the politics in August 2020.

Revenue official arrested for bribery

Jammu, August 13: The Central Bureau of Investigation (CBI) on Saturday arrested a revenue official for accepting a bribe to issue a land document.

An official spokesman said a CBI team arrested Ajay Kumar, posted at Miran Sahib in Jammu district, for demanding and accepting Rs. 25,000 from the complainant.

He had reportedly sought Rs. 50,000 for issuing a land record and said it should be paid in two installments of Rs. 25,000 each

The spokesman said the CBI laid a trap and caught the accused while accepting Rs. 25,000.

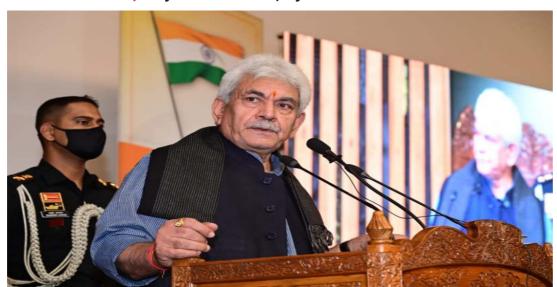
Rs. 2 lakh in cash was recovered during searches, he said, adding, the accused was produced before the Court of Special Judge, CBI, in

National LokAdalat held on pan – India basis across UT's of J&K and Ladakh

SRINAGAR, AUGUST 13: J&K Legal Services Authority and Ladakh Legal Services Authority organized National Lok Adalat throughout the U.T's of J&K and Ladakh today.In order to have maximum response and settlements between the parties in cases like MACT, matrimonial, cheque bounce cases under NI Act, Money recovery cases, etc., it was advised to organize pre-lok Adalat sittings or pre-counselling sessions well before the date of National Lok Adalat so that parties may get one or more chances for entering into negotiation/dialogue with the op-CONTINUED ON » PAGE 10

Will strike last nail in coffin of militancy in one year, says J&K Lt Governor

"In Pulwama 10,000 youth hold tricolor, sky reverberates with Bharat Mata Ki Jai"



AHMAD MAJID

Srinagar, August 13: Highlighting how the youths from once-militancy-affected Tral, Shopian and Pulwama were hoisting flags and raising slogans 'Bharat Mata Ki Jai' during the run to I-Day functions in Kashmir, J&K Lieutenant Governor Manoj Sinha on August 13, 2022 the govern-ment "will push last nail in the coffin of terrorism in one year".
"We have lost many innocent lives, now it has to stop. The right time cil has come to strike the last nail in Cou the coffin of terrorism and its ecosystem. Your younger generation should not face the hardships that their forefathers went through. They must make the nation proud," Mr. Sinha, while referring to the thousands of youth in Tral, Pulwama, paying homage to freedom fighters and raising the slo-gans of 'Bharat Mata Ki Jai', said. Sinha laid foundation stones of 25 District Development Coun-

and Block Development Council buildings and inau-1000 'Amrit Sarovars' gurated across J&K UT in Srinagar. "J&K has been the crown of India. However, some elements hatched conspiracies to destabilize the region and foment trouble. We are committed to restore the last glory of the region. Today, in Pulwama, 10,000 youth are holding tri-colour in their hands. Same is the case with Shopian district and other

CONTINUED ON → PAGE 10

"Azadi Ka Amrit Mahotsav" LG ask all sections to work together to build prosperous J&K Pay homage to Magbool Sherwani, soldiers of Sikh Regiment at Baramulla

ZARGAR GULZAR

Baramulla, August 13: Lieutenant Governor of Jammu and Kashmir, Manoj Sinha today said that all sections of the society should work together to build an economically, socially and culturally rich, strong and peaceful so as to fulfill the dreams of our forefathers.

LG also paid homage to the Lion of Baramulla, Maqbool Sherwani and the brave soldiers of Sikh Regiment who made the supreme



lives of thousands of Kashmiris and foiled the invasion of Pakistan army regulars and tribal raiders. The Lt Governor laid wreath at Sikh War Memorial and then paid tributes to Maqbool Sherwani at Maqbool Memorial Sheerwani Hall Baramulla. He also honoured the family of Magbool Sheerwani, war veterans and kins of freedom

sacrifice to save the CONTINUED ON » PAGE 10

LG distributes National flags among Raj Bhawan staff

Srinagar, August 13: Lieutenant Governor Manoj Sinha today started the Har Ghar Tiranga campaign in Jammu Kashmir by distributing National flags among the Rai Bhawan staff here.

On the occasion, the Lt Governor paid tributes to the martyrs & freedom fighters, and said that our National flag has been the symbol of hopes and dreams of our citizens for the last 75 years and continues to guide and lead us to a glorious fu-



Gov e r -appealed to n o r all citizens to hoist the tricolour at their homes and celebrate the spirit of Azadi Ka Amrit Mahotsav with full fervor and

. Senior officials of Raj Bhawan and all staff members were present on the occasion.

Full dress I-Day rehearsals held across Kashmir Div Com hoists National Flag at S.K Stadium; takes salute at March past

HT NEWS NETWORK

Srinagar, August 13: As 76th Independence Day being celebrated on 15th August, 2022, the full dress rehearsal function was today held across all the districts of Kashmir, giving a glimpse of the grand spectacle to un-

fold on Monday The rehearsal is a precursor to the actual Independence Day parade scheduled to be held on 15th of August to present a glimpse of preparation for an impressive show of colourful events on National festival to exhibit pride of nation.

In Srinagar, the full dress rehearsal was held at S.K Stadium where Divisional Commissioner Kashmir, Pandurang K Pole hoisted the National flag, took sa-

lute from parade commander and contingents besides inspected the parade of con-

The contingents that participated in the March past parade included Police, JKAP, CRPF, SSB, lady contingent of Police, IRP, Fire & Emer-

gency Services, Forest Protection Force, Pipe & Band contingents, NCC & Student contingents from 14 schools of District Srinagar besides, Civil Defense Department which participated first time in the parade.

CONTINUED ON → PAGE 10

COVID-19: J&K logs **622** new positive cases, no death

SYED TAJAMU BUKHARI

Srinagar, August 13: Jammu and Kashmir reported 622 new positive cases of COVID-19 including 77 from Jammu and 545 from Kashmir divisions, pushing the positive caseload in the Union Territory to 473219.

Moreover, 777 more COVID-19 patients have recovered and been discharged from various including 185 hospitals from Jammu division and 592 from Kashmir division. According to the daily Media Bulletin on novel Corona virus (Covid-19), out of 473219 positive cases, 4579 are Active Positive (739in Jammu Division and 3840 in Kashmir Division). 463863 have recovered and 4777have died; 2346 in Jammu division and 2431 in Kashmir division.

The Bulletin further said that out of 26290562 test CONTINUED ON → PAGE 10

Salaudin's son, Bitta Karate's wife among 4 sacked by Govt



HT NEWS NETWORK

Srinagar, Aug 13: Jammu and Kashmir government fired four employees, including wife of Farooq Ahmed Dar aka Bitta Karate, a former militant, besides Hizbul Mujahideen chief Syed Salahuddin's

The UT government invoked Article 311 for the removal of Bitta's wife Assabah Khan and Syed Abdul Mueed and the two others due to their alleged involvement in anti-national

The other sacked employees

are two officials of Kashmir University Officials said the activities of these employees had

come to the adverse notice of law enforcement and intelligence agencies, as they have been found involved in activities prejudicial to the interests of the security of the State. They said a committee con-

stituted for scrutinizing the inputs, records and cognizable material recommended

LG launches 75 Home-Stays in Rural Areas to commemorate 'Azadi ka Amrit Mahotsav'

Govt plans to build 200 more homestays by December 2022 to boost rural livelihood in J&K

HT NEWS NETWORK

Srinagar, August 13: Lieutenant Governor Manoj Sinha today launched 75 Home-Stays in Rural areas to commemorate the 'Azadi ka Amrit Mahotsav' in the 75th year of Independence, at a program organized at

Home-Stays are These by SHG members owned

of Jammu and Kashmir (JKRLM) in partnership with OYO Group under project 'Crown of Incredible

Speaking on the occasion, the country's leading travel tech company OYO Group collaboration with JKRLM would build 200 more home stays by Decem-

her 2022 to boost rural live Rural Livelihood Mission lihood in Jammu Kashmir. The Lt Governor observed that in a short span of time, Self Help Groups have emerged as a powerful tool for women empowerment the Lt Governor said that and socio-economic transformation in Jammu Kash-

Under the banner of UMEED program, JKRLM CONTINUED ON → PAGE 10^{is}

CRPF SI injured in Srinagar grenade attack

Srinagar, August 13: A Sub-Inspector rank officer of the Central Reserve Police Force (CRPF) was injured in a grenade attack in Srinagar on Saturday, police said.

They said the grenade attack took place in Eidgah area in the old city. The injured ASI has been identified as Parvez Rana.

"One grenade was lobbed by militant(s) towards security forces on Ali jan road, Eidgah. This caused minor splinter injuries to one CRPF personnel," Kashmir Police Zone said in a tweet. The injured has been shifted to hospital. Soon after the incident a cordon and

search operation was launched to nab culprits. The search operation was underway till reports last came in. The attack took place a day before Inde-

pendence day. Security has been beefed up across Valley especially Srinagar to ensure peaceful I -day functions. On Friday police had said it has in-

creased aerial surveillance in major

markets of Srinagar city ahead of Inde-

pendence Day "Aerial watch is being maintained in major markets of Srinagar city, looking for miscreants, criminals and subversive elements. Such elements should know that there is an eye above looking

for them, "a police spokesman had said. CONTINUED ON → PAGE 10

Northern Army chief reviews security situation along LoC in Kashmir

HT NEWS NETWORK

Srinagar, August 13: Northern Army Commander Lieutenant General Upendra Dwivedi on Saturday reviewed the security situation along the Line of Control in Kashmir and commended the forces for maintaining a strong counter-infiltration grid.

Lt Gen Dwivedi was accompanied by Chinar Corps Commander Lt Gen ADS Aujla, an Army spokesperson said.

"#LtGenUpendraDwivedi, CdrNC, visited Forward Areas of #Kashmir along #LC & reviewed the security situation," the Army's Northern Command said in a tweet.

for their professionalism in maintaining the sanctity of the Line of Control

Lt Gen Dwivedi arrived here on Saturday, the Army spokesperson said. "Lt Gen Dwivedi was briefed on the

#Army- prevalent security situation and measures instituted to counter adversaries' design and development works being undertaken by the Indian Army. 'He lauded the strong counter-infiltra-It said Lt Gen Dwivedi lauded all ranks tion grid along the LoC. He also appreciated the strict control exercised by the formation to abide by the ceasefire

understanding," he said. Amid the ongoing nationwide 'Azaadi ka Amrit Mahotsav' celebrations, a

CONTINUED ON → PAGE 10

I-Day: 7,000 invitees expected at Red Fort

HT NEWS NETWORK

multi-layered security cover has been put in place and facial recognition system (FRS) cameras installed at the entry point of the Red Fort from where Prime Minister Narendra Modi will address the nation on Independence Day, officials said on Satur-

According to the police, around 7,000 invitees will arrive at the Red Fort, while over 10,000 police personnel will be deployed around the monument on Monday.

The Delhi Police has deployed over 400 kite catchers and fliers on rooftops Lunch boxes, water bottles, and other sensitive loca-remote-controlled car keys,

any threats from sub-conventional aerial platforms. A five-kilometre area around the Red Fort has been marked as a "no kite flying zone" till the tricolour is hoisted. Anti-drone systems from Defence Research and Development Organisation and other security agencies are also being installed,

"We have installed high resolution security cameras at and around the Red Fort and their footage is being monitored round the clock. This time, the number of invitees has increased to 7,000. FRS cameras have also been deployed at the entry point of the Mughal-era monument," a senior police officer said.

handbags, cameras, binoculars, umbrellas and similar items will not be allowed at the Red Fort premises, he said. Dependra Pathak, Special Com-

missioner of Police (Law and Order) said provisions of Section 144 have already been instituted in Delhi. Anyone seen flying kites, balloons or Chinese lanterns from August 13 to August 15 till the end of the programme at Red Fort will be punished.

"Kite catchers have been deployed with necessary equipment on strategic locations and they will prevent any kind of kite, balloon and Chinese lanterns from reaching the function area. Radars will be deployed at Red Fort to counter any threats from sub-conventional aerial platforms and manned

tions in the fort area to counter cigarette lighters, briefcases, or unmanned flying objects," he On Friday, the Delhi Police had

recovered over 2,200 live cartridges near Anand Vihar Inter State Bus Terminal and arrested six people in this connection. Police are also carrying out massive checks for Improvised Explosive Devices. The personnel is

being briefed about adequate security, training and deployment as per plans, they said. Further, around 1,000 high-specification cameras will be installed in the North, Central and New Delhi district units to contain aerial objects. These cameras will

also help monitor the VVIP route to the monument, they said. The Delhi Police has also intensi CONTINUED ON → PAGE 10

Govt suspends EO MC Magam Budgam for insulting National Flag

HT NEWS NETWORK

Srinagar, August 13: Sub-divisional Magistrate Beerwah has put under suspension Executive Officer of Municipal Council Counthe matter, Shri Syed Ai-

"Tehsildar Magam is nomi nated as the enquiry officer in the matter who shall furnish a detailed report within three (03) days along with particulars of all other officials/non-officials involved cil Magam over alleged in the incident", the order 'Insult to National Flag'. reads. Tehsildar Magam is "Pending enquiry into nominated as the enquiry officer in the matter who jaz Manzoor, Executive shall furnish a detailed re-Officer, MC Magam, is port within three (03) days hereby placed under sus- along with particulars of all pension with immediate other officials/non-officials effect", reads an order. involved in the incident",

District Administration Srinagar organises Conclave of War Veterans DC Srinagar felicitates 75 War Veterans/ex-servicemen/war widows

acknowledge the services and contributions of War veterans and ex-Servicemen, prominent citizens who have rendered distinguished services in nation building activities, the District Administration Srinagar Saturday organized a Conclave and felicitation programme under Azadi Ka Amrit Mahotsav here at Banquet Hall.

The felicitation programme was presided over by the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad who awarded the Com-War Veterans, Ex-servicemen, war widows to mark 75 years of independence.

Speaking on the occasion, the DC said the event was aimed to praise and acknowledge the sacrifices of of participants (war-wid-

SRINAGAR AUGUST 13:- To people who have taken part ows). in 1962, 1971 and Kargil wars At the outset, the Deputy



to defend boundaries of the

country. The DC praised the sacitable courage and brevity of other people.

Commissioner, who is also the president Zila Sainik Board, Srinagar asked the mendation Certificates to 75 rifices of the martyrs and officer bearers of the Board ex-servicemen who have to start preparations redisplayed exemplary cour- garding publication of half age to protect the dignity of yearly Magazine to showthe nation and at the same case the stories of ex-sertime appreciated the indom- vicemen for the inspiration

On the occasion, the DC

also lauded the contribution of sportspersons who have played Nationals/Internationals and held Flag of the

country high. Earlier, DC held a one to one interaction with the participants who shared their experiences and memories during various battles they have fought.

During the programme, the participants extended their gratitude to the District Administration Srinagar for recognizing and appreciating their contribution for the first time.

Chief Planning Officer, Mohammad Yaseen Lone, Youth Services & Sports Officer, Balbir Singh, District Social Welfare Officer, Dr Mukhtar, and other concerned were also present on the occasion.



Northern Army Commander, Lt Gen Upendra Dwivedi felicitates Editor Gadyal and four other civilians at headquarters of 15 Corps for the efforts undertaken by them in promoting peace, happiness and empowerment initiatives through various endeavours, on Saturday. UNI

Government of Jammu & Kashmir

OFFICEOFTHEEXECUIVEENGINEERR&BDIVISIONSOPORE

NOTICE INVITINGTENDER

Fresh NITNo-106ofRnB-Soporeof2022-2023e-tendering DATED 12.08.2022.

For and on behalf of the Lt. Governor, J&K, e-tenders (in Single Cover System) are invited on Percentage $\underline{ratebasis} from approved and eligible contractors$

registeredwithJ&KStateGovt.CPWD,RailwaysandotherState/CentralGovernmentsforthefollowing works

S.N o.	NameofWork	Adv. Cost (Rs. InLacs)	CostofT /DOC (InRupees)	E/Mone y	Time for completio n of work	Time &Date of Openingo fBid	ClassofC ontractor	M.HofAccou nt
1	2	3	4		5	6	7	8
01	Construction of p cement conc. Drain from PHE store to H/O Ab. Aziz Dar at MET Sopore (Balance portion)	3.00 lacs	200/-	6000/-	15 days	23 .08. 2022	DEE	3054 M&R

Position of funds: Available Position of AAA/ Accorded

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other detail's can be

 $seen/downloaded from the departmental website {\color{blue}www.jktenders.gov.in} as perschedule of dates given below: {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of dates given below: {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of {\color{blue}downloaded from the departmental website {\color{blue}www.jktenders.gov.in}} as perschedule of {$

1.	Date of issue of tender Notice	12.08.2022	
2	Period of downloading of bidding documents	12. 08.2022	22. 8.2022(upto 4.PM)
3	Bid Submission start date	12.08.2022	
4	Bid submission End date	22.08.2022 (4.00 PM)	
5	Date and time of opening of bides (online)	23.08.2022 (12.30 PM) in the office of the Ex. Engineer	
		R&B Sopore	

Bids must be accompanied by a Treasury Challan /CDR (dated between the bid start date and the Bid Submission End date) deposited in

M.H. 0059 in the name of Executive Engineer R&B Division Sopore (tender inviting authority) as the cost of the tender document.

3.At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Sopore. Besides that, the successful bidder will have to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 3% of the total cost, which will be released after successful completion of the DLP/Maintenance Period.

3(b) Geotech Photographs Minimum 03 sets (01 set Comprising of Photograph before, during and after execution of work) of size 26 cm x21 cm to be provided.

DIPK-8003/22

Executive Engineer, R&B Division Sopore

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER R&R DIVISION RARAMIII I A

NOTICE INVITING TENDERS

e-NIT No:- 75/5580-89/2022-23/RnB/Bla Dated 10.08.2022

For and on behalf of the Lt. Governor, J&K UT e-tenders (In Single Cover System) are invited on Percentage basis from approved and eligible Contractors Regd. With J&K UT Govt. CPWD, Railways and other State/Central Governments for each of the following works:

S. No	Name of Work	Est. Cost (Rs. In Lacs)	Earnest money. (In Rs.)	Cost of T/Doc. (In Rs.)	Time of completion	Class of Contractor	Major Head of Account	Position of AAA	Position of funds
1	2	3	4	5	6	7	8	9	10
.1.	Construction of temporary parking area within the premises of Court Complex Baramulla	1.57	3200/-	200/-	15days	DEE	MH-2216- M&R	Accorded	Available
2.	Construction of cement concrete covered drain in the premises of Govt. Polytechnic College at Kanispora Baramulla	21.00	42000/-	800/-	40days	В & С	Capex Budget	Accorded	Available
3.	Construction of cement concrete covered Drain near Bridge at Deewanbagh Baramulla	15.02	30100/-	800/-	40days	B & C	MH-4059- UT Sector	Accorded	Available

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.iktenders.gov.in as per the scheduled date given below.

Date of issue of Tender Notice 10.08.202 eriod of downloading of bidding 24.08.2022 upto 4:00PM Bid Submission End Date 25.08.2022 upto 11:00AM in the office of the Executive Engineer R&B Division Baramulla

2.Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 mentioning there in the name of work/ NIT No. in the name of Executive Engineer R&B Division Baramulla (tende inviting authority) as the cost of the tender document.

3.At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Baramulla. Besides that, the suc cessful bidder will have to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Gov ernment's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 3% of the total cost, which will be released after successful completion of the DLP/Maintenance Period.

4.The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site at the office of the Executive Engineer, R&B Division Baramulla

5.The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids 6. The bidder shall be debarred for tendering process If:-

a)Any bidder/ tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b)Failure of Successful bidder to furnish the required performance security within the specified time limit.

c)Failure of successful bidder to execute the agreement within 28 days after fixation of contract.

7.Instruction to bidders regarding e-tendering process.

7.1.Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" or website www.jktenders.gov.into acquaint bid submission process

7.2.To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act 2000. Bidders can get digital certificate from any approved vendors.

7.3. The bidders have to submit their bids online in electronic format with digital Signature. No financial bid will be accepted in

7.4. Bids will be opened online as per time schedule mentioned in Para-1.

7.5.Bidders must ensure to upload scanned copy of all necessary documents with bid. Besides, original documents related to bid be submitted physically by the bidder who is declared as L1 immediately after opening of financial bid

7.6.Bidder shall upload a Self-Certified Performance declaration (Annexed format) in support of performance in respect of Works

executed/ under execution by the agency during the year 2021-22 7.7. Bidders must ensure to upload scanned copy of necessary documents in terms of soft copies with the technical bid & no documents in terms of hard copies shall be entertained. However, in case of any clarification, the bidders shall have to produce original

documents in support of soft copes if need arises.

DIPK-7943/22 Dated 10.08.2022

Executive Engineer R&B Division Baramulla

PUBLIC NOTICE

I have applied for registration of my residential house ocated at village Dandmooha under home stay/paying Guest House Scheme to facilitate Tourist trade vide order no 89jk(TSM)of 2022of Department of Tourism jk.if anybody has any objection in this regard he/she may file his /her objection in department of tourism or Assistant Director Tourism office Gulmarg within a period of seven days from the date of publication of this notice after that no objection shall be entertained

Name..Ajaz ahmad Lone S/o Late Abdul Ahad Lone R/o..Dandmooha Tehsil kreeri Distt. Baramulla

PUBLIC NOTICE

I have applied for registration of my residential house located at Village Dandmooha under Home Stay/Paying Guest House Scheme to facilitate tourist trade, vide order no $89\text{-}\mathrm{JK}(\mathrm{TSM})$ of 2022 of Department of Tourism JK . if anybody has any objection in this regard he/she may file his/her objection in department of tourism or Assistant Director Tourism Office Gulmarg within a period of 7 days from the date of publication of this notice after that no objection shall

Shabir Ahmad Rather S/O Mohammad Kamal Rather

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

PUBLIC NOTICE

I have applied for registration of my residential house located at Village Dandmooha under Home Stay/Paying Guest House Scheme to facilitate tourist trade, vide order no 89-JK(TSM) of 2022 of Department of Tourism JK . if anybody has any objection in this regard he/she may file his/her objection in department of tourism or Assistant Director Tourism Office Gulmarg within a period of 7 days from the date of publication of this notice after that no objection shall be entertained.

FAYAZ AHMAD LONE

S/O HABIBULLAH LONE

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

Public Notice

It is notified for the general public that my actual name is Seema Rashid Wani, D/o. Ab Rashid Wani R/o. Waripora

but unfortunately due system error in my Birth certificate (Hospital) my name marks as Insha Rashid insted of Seema Rashid which is totally different from my actual data. In this regard I'm going to approach for correction concern office.if anybody having any objection he/she may can approach concern office with in 7days from the publication of this notice, after that no objection shall be entertained.

Seema Rashid Wani, D/o.Ab Rashid Wani R/o.Waripora Handwara

Heroine Recovered By Surankote Police

KAMRAN ALI KAZMI

SURANKOTE:-The menace of drugs among the youth is spreading at an alarming rate which is among the greatest causes of concern. In order to free the society of such heinous societal crimes, a special drive have been launched by Poonch Police against the drug abuse. Carrying forward the special drive, today on the directions of SSP Poonch Rohit Baskotra ,(JKPS) A Police party led by SHO Surankote Rajveer Singh Accompained By PSI Rohit Manmar under the supervision of DYSP Surankote Mr Tanveer Jeelani under close supervision of Adll.SP Mushim Ahmed Patrolling Duty At Madana When Reached At Dhundak Bridge One Maruti Car Bearing Registration Number JK02AH 5155 Signal to Stop to conduct the checking of vehicles During checking The Maruti Car which was on it's way from Surankote Towards Madana was signalled to stop for checking. On thorough search of the vehicle, recovered 3 Plastic bags filled with Heroine (Chitta) like substances weighing Near about 20 to 24 grams from both of the empty compartment of the maruti, the new modous operandi how to smuggle the contraband. The said vehicle has been seized.

In this regard case FIR NO 252 253/2022 U/S 8 /15/21/22 /25/27A of NDPS act stands registered against the accused persons Namely Aquib Javed S/0 Fiaz Akhter R/0 Surankote Tehsil Surankote, Sajad S/0 Muzzafar Hussain R/0 Seri Khawaja investigation has been geared up to asertain the source & other persons involved in smuggling of contraband.

Poonch Police is not leaving any stone unturned to curb drug smuggling & public in general is requested to co-operate & strengthen the hands of Poonch Police to weed out the social evils from the society.

It is pertinent to metion here that different nakas have been established at different locations by police to check any type of unlawful activities.

Public Notice

It is notified for the general public that my actual name is Ishaq Ahmad Bhat S/o.Mohd Hayat Bhat Kabir,R/o.Turkapora,but unfortunately due system error in my driving licence No.JK0920120068574/Dl my name marks as Ishfaq Ahmad Bhat insted of Ishaq Ahmad Bhat which is totally different from my actual data. In this regard I'm going to approach for correction in RTO Kupwara.if anybody having any objection he/she may can approach RTO concern with in 7days from the publication of this notice, after that no objection shall be

Ishaq Ahmad Bhat S/o.Mohd Hayat Bhat Kabir R/o.Turkapora

Government of Jammu & Kashmir

Office of the Executive Engineer Jal Shakti (I&FC) Division Sopore

e-tender

Short Term e-NIT No:13of 2022-23 Dated: - 10-08-2022

For and on behalf of Lieutenant Governor of Union Territory of Jammu & Kashmir, e-Tenders on item rate basis are invited from approved and eligible contractors registered with Jammu and Kashmir UT Government, for the works listed in Annexure "A" to

The NIT consisting of Qualifying information, eligibility criteria specifications, bill of quantities (B.O.Q.), set of terms and condiions of contract and other details can be seen/downloaded from the departmental website: -www.jktenders.gov.in

1.	Publishing Date	11/08/2022
2.	Download Date Start	11/08/2022
3.	Tender Submission date Start	11/08/2022
4.	Tender Submission date Ends	19/08/2022 (Upto 06:00 P.M)
5.	Date of Opening	20/08/2022 (at 10:00 A.M)

Position of funds: Available Position of A.A.A.: Position of T. S.: Assured OTHER TERMS AND CONDITIONS:

1.Tenders must be accompanied with cost of tender document in the shape of Treasury Challan/receipt in favour of Executive Engineer, Jal-Shakti (I&FC) Division Sopore.

2.The Tenders for the works shall remain valid for a period of 90 (Ninety) days from the date of opening of Tenders

3. The Tenders shall be deposited in electronic format on the departmental website www.jktenders.gov.in 4. The Tender uploaded on the website up to due date and time will be opened on the schedule date and time or any other date con-

venient to the tender opening authority. 5. The tenderer shall have to execute the agreement within 10-days after fixation of contract

6.Instruction to Tenderer regarding E-Tendering process:

a)Tenderers are advised to download Tender submission manual from the "downloads" option as well as from "Tenderers manual Kit" on website www.jktenders.gov.in acquaint Tenders submission process. b)To participate in tendering process Tenderers have to get digital signature certificate (DSC) as per information technology act.

2000 Tenderers can get digital certificate from approved vendor. c)The Tenderer have to submit their Tenders online in electronic format with digital signature. No financial Tender will be ac

cepted in physical form. d)Tender will be opened online as per time schedule mentioned above.

e)Tenderers must ensure to upload scanned copy of all necessary documents like Registration Card duly renewed, Verification of Registration Card, Call Deposit Receipt, PAN, G. S. Tin, Latest GST Return & Treasury challan/receipt under MH 0702in respect of Irrigation & Flood Control Works, in respect of each work as mentioned in the NIT in addition to other formalities in vogue.

DIPK-7902/22

Executive Engineer Jal Shakti (I&FC) Division Sopore

Full Dress Rehearsal held at Kupwara

ADC Kupwara hoists tricolour at DPL Kupwara, sub divisional functions also held

KUPWARA, AUGUST 13: Full Dress Rehearsal for 76th Independence Day celebration was today held here at District Police Lines Kupwara. The Additional Deputy Commissioner (ADC), Kupwara, Ghulam Nabi Bhat hoisted the National Flag and took salute on March-past presented by contingents of JKP, IRP, CRPF, FPP, JK Home Guards, Police Commandos and school children.

ASP Kupwara, ACD, ACP, CEO, CMO, DYS&SO DIO, besides, District officers and officials were present on the occa-

Addressing the function, the ADC congratulated the audience on the eve of celebration of 76th Independence Day, 'Azadi Ka Amrut Mahaotsav' He highlighted the historical background and remembered the heroes of the freedom strug-

gle of India. He said that District Administration is committed for holistic development and enlisted the developmental activities and achievements. He said Rs.1598 crore CAPEX Budget has been approved for current year which is double than previous year's budget. He said 250 km road length is being macadamized adding taht Baramulla-Kupwara-Chowkibal national highway is under construction at a cost of Rs. 2370 crore through BEACON. He said Bangus road is under construction at a cost of Rs.39 crore and work is in full swing on construction of Tumina, Kantpora, Hatmulla and Kunan bridges

ADC said Rs.105.72 crore is being expended under Area Development Fund during current financial year to develop basic infrastructure for the prosperity of rural people. He said ad-



transparency in the tendering process adding that over 10000 contractor cards have been issued so far.

Ghulam Nabi Bhat said that Health sector has improved to a greater extend. During current year, 400 surgeries have been performed at SDH Kupwara in coordination with Rotary Inter-

shall be started this year at GMC Handwara which is coming up at a cost of Rs.255 crore. He said District Kupwara is an Aspirational District adding that NITI AYOG has granted additional Rs.3 crore to the district this year. While as, Union Health Ministry has awarded Gold Medal to Health Department for best work in TB eradication in the district. He said Bangus is developing as an unexplored tourist destination which has witnessed about 10000 tourist

footfall this year. The ADC said COVID-19 is again emerging and urged general public to adopt Covid Appropriate Behaviour and ensure

usage of masks. Earlier, on his arrival, the ADC visited the Martyrs' Memorial and laid flowers there.

Later, various colourful cultural variety programmes were presented by students from different schools on the occasion. Lezium, Mass PT and Human Pyramid were also presented.

Full dress rehearsal functions were also held at Handwara, Karnah and Sogam sub divisions.

At DPL Handwara, ADC Handwara, Nazir Ahmad Mir hoisted the National Flag and took salute on March past. Cultural programmes were also held on the occasion.

Karnah. Dr.Gulzar Ahmad Rather hoisted the tricolour and took salute on March past. Cultural programmes were also held on the occasion.

At Sogam, Tehsildar hoisted the National Flag GDC Sogam. Cultural programmes were also presented on the occa-

Tiranga rallies were also held in various areas of Kupwara dis-

National Flag were hoisted in Government Offices including D. C Office Kupwara.

Tricolor were also hoisted by Civil populace on their residential houses and shops. Transporters also hoisted flags on their vehicles.

Full dress rehearsal for forthcoming Independence day was held at DPL Kulgam

Farooq Rather

Kulgam: August 13, 2022 Full dress rehearsal of the Independence Day celebrations 2022 was held at DPL Kulgam, where Senior officers inspected the parade and witnessed the presentation of the cultural programme prepared by the cultural clubs and students for the celebration of the National event. During the rehearsal ADDC Kulgam Shri Reyaz Ahmad Sofi-JKAS alongwith Addl.SP NHW Qazigund, Kulgam Majid Malik-JKPS hoisted the national flag and inspected the parade at DPL Kulgam and also took the salute at the march past



comprising contingents of CRPF, District Police, SPOs, JK Homeguard,

DySP HQR Kulgam, DySP DAR Kulgam, DySP PC

il administration were also present on the occasion. The parade was commanded by Shri Arif Malik-JKPS PCHatipora). The march past was followed by colourful cultural programme presented by the cultural clubs and students of various institutions. Full dress rehearsal of the Independence Day celebrations 2022 was held at DPL Kulgam, where Senior officers inspected the parade and witnessed the presentation of the cultural programme prepared by the cultural clubs and students for the celebration of the National.

kulgam and other offi-cers of Police and Civ-

'Har Ghar Tiranga' campaign continues at Bandipora More than 8k participate in an impressive Tiranga Rally held at Hajin

BANDIPORA, AUGUST 13: In continuation to 'Har Ghar Tiranga' campaign under the aegis of 'Azadi ka Amrit Mahaotsav' an impressive Tiranga Rally was today held at Army Goodwill School

The Mega Tiranga Rally was attended by Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed, SSP Bandipora Mohd Zahid, SDM Sumbal Dr. Bashir Lone, Chairman MC Hajin, Padma Sharee Faisal Ali and officers from sub divisional Administration Sumbal. More than 8000 students,

youth volunteers besides the general public actively participated in the



Grand Tiranga Rally. sion, the DC said that Indian. To further hon-

our our national flag, a very appreciative campaign 'Har Ghar Tiranga' under the aegis of 'Azadi Ka Amrit Mahotsav' has been launched.

He said the 'Har Ghar Tiranga' campaign encourages people to bring and hoist Tiranga at home marking the 75th year of India's independence.

The DC appreciated the efforts of school children for remaining on forefront with District Administration in Har Ghar Tiranga campaign and also congratulated all the participants and Tiranga campaign across the District.

DDC Chairperson Gbl unfurls tricolor at DDC Office

GANDERBAL, AUGUST 13: The District Development Council (DDC) Chairperson, Ganderbal, Nuzhat Ishfaq today unfurled tricolor in presence of Deputy Commissioner Ganderbal, Shyambir within the premises of DDC Office Dumikadal,

DDC Vice Chairman, DDC members, BDC, Sarpanchs and Panchs, and Civil Society members were also present on the occasion.

After unfurling the tricolor, the national anthem was sung by the DDC Chairperson along with all participants present on the occasion.

'Am really proud to have taken part in the 'Azadi ka Amrit Mahotsav,' and the initiative will certainly help to strengthen the love for the country," said the DDC Chairperson Gan-

She appealed to all citizens to hoist the tricolour at their homes and celebrate the spirit of Azadi Ka Amrit Mahotsav with full fervour and patriotism.

Meanwhile, DDC Chairperson along with DC Ganderbal inspected the building being constructed for Residential Accommodation for PRI's/ Protected persons. The District Development Council (DDC) Chairperson, Ganderbal, Nuzhat Ishfaq today unfurled tricolor in presence of Dep uty Commissioner Ganderbal, Shyambir within the premises of DDC Office Dumikadal, here.

DDC Vice Chairman, DDC members, BDC, Sarpanchs and Panchs, and Civil Society members were also present on the occasion.

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DC Budgam flags-off 'Har Ghar Tiranga' rally of Specially-abled persons

BUDGAM, AUGUST 13: The Deputy Commissioner (DC) Budgam, Shahbaz Ahmed Mirza today flagged-off 'Har Ghar Tiranga' rally of Specially-abled persons from Railway Station Budgam to New Bus Stand here.

'Har Ghar Tiranga' rally was organized by the Social Welfare Department Budgam and almost seventy persons participated in the event. The participants were

overwhelmed during the event and said that, "these kinds of rallies bring out that we are no less than others in participating in this national event of Har Ghar Tiranga Campaign"

They added "To be part of this rally makes us feel proud that we belong to such a democratic coun-

trv wherein flags are unfurled by us despite our physical challenges' Besides, ADDC Budgam,

Executive Director Rehabilitation Council, DSWO Budgam were also present.

Tiranga Meanwhile, rallies and other related programmes in good numbers were also held at different schools and locations in Budgam.

Marking the 75 years of Independence, students created beautiful human formations at Beheshte Zahra Park.

Selfie points and flag posts were established in each Municipal Committee area, while thousands of tricolours were also installed at shop fronts and other commercials in the District.

National Lok Adalat held across Kupwara district

KUPWARA, AUGUST 13: National Lok Adalat



was today organised across District Kupwara under the instructions of National Legal Services Authority of India and under immediate supervision of JK legal Services Authority. A total of Nine benches were constituted by chairman DLSA, Tasleem Arief, (Principal District & Sessions Judge Kupwara) for taking up a total of 4544 cases of various nature including civil, matrimonial, maintenance, domestic violence, recovery of money or loan, Motor accident compensation, Revenue, Criminal Compoundable and Cheque bounce cases etc across court complexes of District

The Pr. District & Sessions Judge himself presided over a bench at District Court Complex along with Additional District Judge, Javid Ahmed Geelani as member. Whereas three other benches were constituted at district headquarter, one of which was presided by Sub-Judge, Rajiv Tadyal along with Bar President Kupwara as member and Munsiff JMIC Kupwara respectively.

A separate bench was constituted for prelitigation and public utility matters at district

Muzamil Wani, Secretary DLSA Kupwara in which a total of 1716 pre-litigation matters were taken up and 1604 settled on spot. Separate benches were constituted at Handwara. Trehgam, Sogam and Tangdar, each bench presided over by judicial and revenue officers together in which various cases of Revenue Courts were also taken up in the lok adalat. Out of the total cases taken up, 3893 cases of various nature were settled on spot by amicable means with the intervention of benches and participating advocates which resulted in settlement of Rs. 14987818 worth motor accident claims as well from the bench Presided by Tasleem Arief (Pr. District & Sessions Judge Kupwara). Besides a total of Rs. 14796518 was realized in recovery cases and Rs. 191300 realized as compensation and fine. Apart from litigant public, officers of civil

administration, various banks, Insurance Companies, members of Bar, police and prosecution participated in the National Lok adalat which was organised through hybrid mode of physical and virtual simultaneously, so as to negotiate the risks of COVID-19 without compromising upon the productivity of the lok adalat. Overall substantial number of cases was settled and public at large received instant relief from their litigations and participants appreciated the arrangements of District Legal Services Authority in the National lok adalat which came as a huge relief to public at large since courts have been functioning on virtual mode for some time now for fear of spread of COVID-19. Pr. District & Sessions Judge thanked the participants particularly the representatives of Bank, Insurance Companies and Members of Bar. Apart from litigant public, officers of civil administration, various banks, Insurance Companies, members of Bar, police and prosecution participated in the National Lok adalat which was organised through hybrid mode of physical and virtual simultaneously. so as to negotiate the risks of COVID-19 without compromising upon the productivity of the lok adalat. Overall substantial number of cases was settled and public at large received instant relief from their litigations and participants.

Mission Amrit Sarovar: DDC Anantnag inaugurates ponds at Qulam Chinar & Badasgam

ANANTNAG AUGUST 13: As part of the Azadi Ka Amrit Mahotsav, the District Development Commissioner (DDC), Anantnag, Dr Piyush Singla today inaugrated two ponds at Doru Shahabad subdivision.

DDC Member, Doru Shahbad; ACD Anantnag, BDO Shahabad and other PRIs were also present on the occasion.

These ponds, one at Qulam Chinar and another at Badasgam in Block Shahbad under Mission Amrit Sarovar for preserving the natural water bodies were renovated by RDD's Block Office Shahbad, Doru.

At Qulam Chinar, DDC while addressing the gathering said that our collective efforts shall be channeled towards devoting ourselves for the service of the nation.

The DDC while discussing the importance of Mission Amrit Sarovar for the preservation of natural water resources including ponds said that the District Administration is keen to preserve and renovate all the existing and depleted water resources in the district. At the inauguration function of the renovated

pond at Badasgam, he interacted with locals and thanked them for celebrating the Azadi ka Amrit Mohatsav and Har Ghar Tiranga wholeheartedly with patriotic fervour.

On the occasion, students presented the National Anthem. As part of the "Azadi Ka Amrit Mahotsav, the District Development Commissioner (DDC), Anantnag, Dr Piyush Singla today inaugrated two ponds at Doru Shahabad subdivision.

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At the inauguration function of the renovated pond at Badasgam, he interacted with locals and thanked them for celebrating the Azadi ka Amrit Mohatsav and Har Ghar Tiranga.

Mega Tiranga rally held at mini-secretariat Kulgam

Farooq Rather



KULGAM, AUGUST 13: Under the banner of 'Azadi Ka Amrit Mahotsay', a grand celebration with a Tiranga rally was today held at the mini-secretariat, here. The function was presided over by Deputy Commissioner (DC) Kulgam, Dr.Bilal Mohi-Ud-Din Bhat and was ttended by thousands of students, youth and others. The participants were seen enthusiastically holding tiranga in their hands and the surroundings everberated with patriotic slogans and songs. Meanwhile tiranga rallies were also held in other parts of the district. Employees of various line departments and institutions across the district also participated in tiranga rallies.

NIT Srinagar organizes Tiranga rally, essay competition under Har Ghar Tiranga campaign

Srinagar, Aug 13, 2022: Under the aegis of Azadi Ka Amrit Mahotsav and in a run-up to the nation's 75th Independence Day, the Department of Physical Education, National Institute of Technology (NIT) Srinagar on Saturday organized 'Tiranga Rally' which was participated by hundreds of faculty members and students. The rally was flagged off by Director NIT Srinagar, Prof (Dr.) Rakesh Sehgal, in presence of Registrar Prof. Syed Kaiser Bukhari, Dean R&C Prof. MF Wani along with all Deans, HoD's, and faculty members. The rally covered a distance around the campus. More than 1000 participants, including teachers and non-teaching staff and students of NIT Srinagar, took part in the rally.On the occasion, Director NIT Srinagar, Prof. Sehgal said the Har Ghar Tiranga campaign of the Government of In-



dia to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence."We should continue to participate in such campaigns in the next coming years," he said. The director said that the NIT administration has already distributed the national flags to students, and

faculty members as part of Har Ghar Tiranga campaign.Prof. Sehgal said the rally has undoubtedly strengthened the spirit of patriotism and nationalism among the students. He said the idea behind the initiative is to invoke a feeling of patriotism among students and to promote awareness about the Indian National Flag.On the occasion, Registrar NIT Srinagar, Prof. Bukhari said the rally was organized to promote the Har Ghar Tiranga campaign and to raise awareness regarding the struggle of national heroes and freedom fighters of India. He said NIT is organizing multifarious activities to amplify the awareness of Har Ghar Tiranga campaign under Azadi Ka Amrit Mahotsav. Besides that, an awareness campaign was conducted in campus to make Har Ghar Tiranga program a grand success

Har Ghar Tiranga: Distt Admin Shopian organises Mega Tiranga Rally

SHOPIAN, AUGUST 13: The District Administration Shopian today held a massive rally in Main Town Shopian under 'Har Ghar Tiranga' campaign being celebrated under the aegis of 'Azadi Ka Amrit Mahotsav'.

The rally that was led by Deputy Commissioner (DC) Shopian, Sachin Kumar Vashiya and Senior Superintendent of Police Shopian, Tanushree commenced from Jamia Masjid market and traversed around the Clock Tower area, at the centre of the

All the District/Sectoral officers and hundreds of employees from various departments participated in the Tiranga Rally with tricolour in their hands along with social activists, civil society members, transporters and public. People chanting slogans of Har Ghar Tiranga and

patriotic songs reverberated through the town during the rally.

'Har Ghar Tiranga' campaign was launched to encourage Indians worldwide to hoist the National flag on their homes between 13 to 15 August. This campaign will serve as a reminder to citizens dedication to nation-build ing ahead of the 76th year of Independence. Its main goal is to inculcate a sense of patriotism in the hearts of citizens and raise awareness about the importance of the National Flag. 'Har Ghar Tiranga' campaign was launched to encourage Indians worldwide to hoist the Na tional flag on their homes between 13 to 15 August. This campaign will serve

as a reminder to citizens

dedication to nation-build-

ing ahead of the 76th year

of Independence. Its main

Azadi ka Amrit Mahotsav: 75 feet high Tiranga hoisted at DC office Anantnag

ANANTNAG, AUGUST 13: Under the aegis of 'Azadi ka Amrit Mahotsov' and to give boost to the 'Har Ghar Tiranga' campaign, the DDC Chairperson Mohd Yousuf Gorsi; MC President, Hilal Ahmad Shah; DDC Anantnag Dr. Piyush Singla; SSP Ashish Mishra today jointly hoisted and unfurled the National flag in DC office

premises, here.
President MC Anantnag, Hilal Ahmad Shah, ACR, ACD, and other district officers were present also. It is pertinent to mention here that a Mega Tiranga of 75 feet high was hoisted on the occasion.

Speaking on the occasion, Dr Singla said that this day shall stand as of historic importance as the whole nation is hoisting the Trianga on their homes. He also congratulated people on the eve of Independence Day.

DDC Chairman, also Anantnag also shared his the occasion



and said that he feels very proud and happy while hoisting the National Flag and impressed upon the people to inculcate the values of nationalism and patriotism among the new generations.

SSP spoke on the 'Har Ghar Tiranga' campaign and importance of National Symbols. President MC

Significance of the Na tional Flag was also highlighted by the speakers Under the aegis of 'Azadi ka Amrit Mahotsov' and to give boost to the 'Har Ghar Tiranga' campaign, the

DDC Chairperson Mohd Yousuf Gorsi; MC Presi-

dent, Hilal Ahmad Shah;

DDC Anantnag Dr. Piyush

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President MC Anantnag, Hilal Ahmad Shah, ACR, ACD, and other district officers were present also. It is pertinent to mention here that a Mega Tiranga of 75 feet high was hoisted on the occasion.

Speaking on the occasion, Dr Singla said that this day shall stand as of historic importance as the whole nation is hoisting the Trianga on their homes. He also congratulated people on the eve of Independence Day.

Chairman, spoke on the occasion and said that he feels very proud and happy while hoisting the National Flag and impressed upon the people to inculcate the values of nationalism and patriotism among the new generations.

Director Agri Kmr reviews preparedness for celebration of 'Independence Day'in the Department

SRINAGAR, AUGUST 13: On the eve of upcoming 76th Independence Day, the Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today reviewed the preparedness for the celebration of Independence Day.

On the occasion, the Director gave on spot directions to the concerned agriculture officers to unfurl the National Flag on each and every office of the Agriculture Department in Kashmir.

While interacting with the officers, Iqbal said that all the officers of Agriculture Department in Kashmir Division should attend the Independence Day celebrations in their respective offices and then should attend the general District Administration function.

Later Director Agriculture Kashmir visited Potato Seed Development Farm (PSDF) Kalnag located at 8500 m.a.s.l elevation in Kashmir and conducted a meeting with the officer in-charge and applauded his work.

The Director was accompanied by Division Seed Certification Officer Kashmir Sheikh Imran, District Agriculture Officer Extension Anantnag Malik Riyaz, Officer Incharge Farm Bilal Ahmd Mantoo, Agriculture Extension Assistant and other officers of the Department. While interacting with the officers, Iqbal said that all the officers of Agriculture Department in Kashmir Division should attend the Independence Day celebrations in their respective offices and then should attend the general District Administration function. Later Director Agriculture Kashmir visited Potato

Seed Development Farm (PSDF) Kalnag located at 8500 m.a.s.l elevation in Kashmir and conducted a meeting with the officer in-charge and applauded his work.

SP College, AIDS Control Society celebrate 'International Youth Day'

Ribbon Club of Sri Pratap College, Srinagar in collaboration with J&K AIDS Control Society today organised a daylong programme to celebrate 'International Youth

The programme started with college tarana followed by a welcome address by the Principal of the college Prof. (Dr.) Khurshid Ahmad

The principal encouraged students to acquire multidisciplinary under National Education Policy (NEP) 2020, to become fully equipped to tackle the challenges

On the occasion all the participants took a pledge to make the society drug abuse free.

Prof. Syed Gulzar Ahmad (convener Red Ribbon Club S. P College Sgr) gave a comprehensive introduction to the origin, history and relevance of the International



Lectures on different themes were delivered by Sanjeeve Rana (Additional Secretary, J & K Academy of Art, Culture and Languages); Dr. Tabassum Jabeen (Deputy Director, JKACS); Dr. Javaid Ahby providing multiple entry and exits.Dr. Tabassum Jabeen, emphasized that it is essential to accomplish the full potential of our youth for attaining sustainable development goals.

mad Dar (Sr. Assistant Professor

Political Science, University of

Kashmir, Srinagar); Dr. Nisar

Ahmad Wani (Associate Profes-

sor Psychology, Higher Education

Dept J&K); Prof. Javaria Khur-

She appreciated the Red Ribbon Club of S. P. College, Srinagar for being active and organising a series of programmes to celebrate the International Youth Day.

P. College Sgr); Dr. Suhail Ahmad

(Dept of Physics, S. P. College,

Sgr); Seeman Fatima (Student)

Sanjeev Rana gave highlights of

the NRP-2020 and explained how it

has expanded the horizon of high-

er education by including skill ori-

ented and vocational courses and

and Hareem Farooq (student).

On the occasion the winners of different competitions and members of Red Ribbon Club were felicitated by Prof. Bashir Ahmad Mir (Dean Academics S. P. College Sgr) and Dr. Jan Shabir Ahmad (HoD Physics, S. P. College Sgr).

Azadi Ka Amrit Mahotsav **CUK VC felicitate winners of competitions** organised by departments

Ganderbal, Aug 13: Central University of Kashmir (CUK) Vice Chancellor, Prof. Farooq Ahmad Shah Saturday hailed the Shah departments teaching and administrative sections for successfully conducting 50 different events/activities across all the university campuses to celebrate 75 years of Independence and commemorate it as Azadi Ka Amrut Mahot-

"The students, research scholars, faculty members and administrative staff participated in all the activities with full zeal and zest," Prof. Farooq Ahmad Shah said during the felicitation ceremony organised by the Directorate of Students Welfare (DSW) to felicitate the winners of

different competitions organised during the weeklong celebrations and to honour the meritorious students of the nine Schools, for the academic year, 2021. He said the students and members have forthcoming for been participation in all the activities.

Addressing the gathering, Registrar, Prof. M Afzal Zargar, said the events conducted by the teaching departments during the Mahotsav have provided a suitable platform to the research scholars and students to exhibit their hidden talent. "Winning and losing is part of life, but what is important is participating in the competitions," Zargar said and asked the departments to continue holding events wherein students can showcase their latent talent.

Speaking on the occasion, Finance Officer, Fayaz Ahmad Nikka said, the university remained abuzz with the multifarious activities conducted by all the teaching departments. He said that all the events provided a platform to the students to demonstrate their strengths.

Controller of Examinations, Prof. Farooq Ahmad Mir, congratulated the winners and asked them to carry forward the winning streak in all the spheres of life.

Dean Students Welfare, Dr. Mehraj ud Din Shah in his speech said, that out of 50 events organ-

Bus stop in Qazigund NH44 turns shelter for TruckS

Farooq Rather

Kulgam,13-Aug; Shopkeepers and people living around Drenan Daulatabad bus stop area of Qazigund and its adjoining areas in south Kashmir's Kulgam district are facing hardships due occupation of stop by trucks and other vehicles.Locals of Panzath, Vanpora, ykpora, shempora an adjoining areas around bus stop have expressed their anguish over the concerned department's working and said that the latter should be held responsible for any hazard. As claimed by some commuters and drivers, the area occupied by illegal vehicles is responsible for traffic congestion in the area. One of the shopkeepers from the bus stop area said that they have suffered huge loss in business because of the randomly occupied space in front of shops leaving no space for the movement of pedestrians particularly tourists as they are unable to stop at the said spot. A daily commuter who also works at the shop in bus stop, asked, "Why are the authorities not bothered about the bus stop premises being occupied by such vehicles? These trucks are lying at the stop for the pretty long time then why haven't the necessary steps been taken yet? The general public in general and the Shop keepers in particular appeal the IGP traffic kashmir to take immediate steps for the grievance, so that the general public and the tourists may not suffer anymore as the Bus Stop is meant for safe journey of passengers and tourists.

SDM, Noorabad conducts visit to SDH Dhpora

Farooq Rather

Kulgam,13-Aug; In view of pouring complaints regarding cleanliness inside the Sub district hospital building and that the condition of toilets and to take stock of healthcare facilities being provided to the patients, the Sub Divisional Magistrate Bashirul Hassan (JKAS) today paid a visit to Sub District Hospital D H Pora. During the visit, the SDM inspected the wards and sections of the hospital. While interacting with the employees, he stressed on working with utmost dedication and honesty to meet the expectations of the people visiting

The SDM, directed the hospital administration to maintain complete hygiene in and around the hospital and provide better Medicare facilities to the patients.

National Lok Adalat held in Kulgam

Farooq Rather

KULGAM, AUGUST, 13: A National Lok Adalat was today held at District Court Complex Kulgam, under the chairmanship of Pr. District & Sessions Judge Kulgam, Tahir Khurshid Raina (Chairman District Legal Ser vices Authority Kulgam).

A total of five benches were constituted, four at Head quarter and one each at D.H.Pora and Qazigund. In the said National Lok Adalat, 1669 cases were taken up out of which 1281 cases were amicably settled. An amount of Rs.26,95,034 was realized in different cases

Director Horticulture Kashmir toured various areas of district Budgam Takes review of developmental works in departmental nurseries judicious use of inputs, so as to

SRINAGAR, AUGUST 13: The Director Horticulture Kashmir, G.R. Mir today toured various areas of district Budgam to take review of developmenta l works in departmental nurseries.

At the outset of the tour, the Director visited Departmental Fruit Plant Nursery Beerwah, where he took stock of various developmental activities being carried out. He stressed for timely completion of budding and emphasized on the judicious use of inputs, so as to propagate quality fruit plants. He further emphasized on the need of producing a maximum number of quality planting material and advised the Chief Horticulture Officer to get all the departmental nurseries of the district accredited by National Horticulture Board

The Director later visited



many villages of the area and inspected many private apple High-Density orchards established with the assistance of the Department and appreciated the hard work of the orchardist. He assured the orchardists of every possible support in all

respects. Later, the Director participated in an interaction session held with farmers at village Soibough.

Addressing the gathering, the Director stressed on the field functionaries to aware the farming community about the

different departmental schemes in vogue and also elaborated in detail about the incentives available under various UT and Centrally sponsored schemes of the Department and urged the farmers to avail the benefits under these schemes

He was accompanied by the Chief Horticulture Officer, Budgam, District Horticulture Officer, Budgam and other officers of the department. The Director Horticulture Kashmir. G.R. Mir today toured various areas of district Budgam to take review of developmental works in departmental nurseries.

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DLSA Reasi constitutes Core Group to help landslide hit families of Village Bassa Arnas and Advocate Imran Akram.

REASI, AUGUST 13: The Chairman Legal Services Authority Reasi has constituted a Core Group to help and ensure immediate help by government and non government agencies to the landslide hit victim families of Village Bassa of Tehsil Thuroo of Dharmari Sub Division

As per the Order No. 173/DLSAR Dated:13.08.2022 issued by the Chairman DLSA Reasi, "Taking the note of news item published in a section of press on 04.08.2022 that 36 Houses belonging to tribes of Village Bassa of Tehsil Thuroo of Dharmari Sub Division Reasi that were damaged due to massive landslides and sinking of earth that forced dozens of families to flee from their houses, in terms of scheme for legal services to disaster victims through legal services authority, a Core Group is constituted under the control of Chairman Tehsil Legal Services Committee Mahore with the following members: SDM Arnas, Advocate Balbir Singh, BMO Mahore, SDPO

The core group shall help and ensure, Immediate help by government and non government agencies to the victims, Coordinate with different departments of government and NGOS for bringing immediate relief to the disaster victims, supervise the distribution of relief material, supervise the construction of temporary shelter for transporting the victims to safer places, Supervise re-union of families, Supervise the health, care and sanitation of victims, Supervise the needs of woman and children, Ensure the availability of food, medicines and drinking water, Supervise the construction of damaged houses, Supervise the restoration of cattle and chattle, Hold Legal Services Programmes in the relief camps for the rights of the victims, Assisting in the problems related to insurance policies, Arranging bank loans for re-starting the lost business, Arranging psychiatric help and counselling the disaster victims.

Series of plantation drives conducted in Nowshera forest division

RAJOURI, August 13: A series of Plantation Drives, under the theme "One Beat Guard One Village" and mark celebration of Azadi Ka Mahotsav were conducted on Saturday across Nowshera Forest division. A platation drive was held at village Sarohti of Khabber Panchayat. Bushan Uppal, Sarpanch Panchyat Khabber, Headmaster Sat Paul, PRI members along with a large number of locals and students of Government High School Sarohti took part in the Plantation drive.Sanjeev Kumar Beat Guard Hathal conducted the drive with the help of Block Forest Officer Devak Rajinder Dev Sharma and other Forest Officials. A number of fruit, medicinal and fodder plants were planted on the occasion and plants and seed balls of different spewere also distributed among the participants. Similar plantation drive "One Beat Guard One Village' Programme was also conducted in village Keri of Panchyat Keri Teryath in which Seema Devi Sarpanch, panchyat Keri Teryath, Raj Krishan Head Master, PRI members along with a large number of locals and students of Govt. Middle school Bainalla participated. The plants of different species were planted and distributed among the participants.

The Sarpanch, PRI members and general public of the area lauded the efforts of Forest department for increasing the green cover of the area and thanked Vivek Verma, Conservator of Forests West Circle Rajouri, Neelima Shah, Divisional Forest Officer Nowshera and Rakesh Verma, Range Officer Sunderbani for organizing these plantation drives for spreading awareness among the villagers and students about the importance of forest, soil and it's direct relation with the rainfall and other climatic factors.

The drives were conducted under the direct supervision of Vivek Verma, Conservator of Forests West Circle Rajouri and Neelima Shah, Divisional Forest Officer Nowshera. The Sarpanch, PRI members and general public of the area lauded the efforts of Forest department for increasing the green cover of the area and thanked Vivek Verma, Conservator of Forests West Circle Rajouri, Neelima Shah, Divisional Forest Officer Nowshera and Rakesh Verma, Range Officer Sunderbani for organizing these plantation drives for spreading awareness among the villagers and students.

nutrients per 100g.

Water: 90.2 g

Protein: 0.82 g

Fat: 0.18 g

Sugar: 7.88 g

Fibre: 0.8 g

and sauces

Energy: 38 kcal

Carbohydrate: 8.16 g

Peaches are delicious and

juicy that contain surpris-

ingly few carbohydrates.

The sweet, soft fruit is deli-

various foods, such as des-

serts, ice pops, smoothies,

the phytochemicals (anti-

oxidants) that give peaches

their yellow/orange colour

aid in maintaining eye

health. Fresh peaches (and

other fruits and vegetables

high in these nutrients) pro-

tect against glaucoma in one

According to the USDA,

peaches have the following

Carbohydrate: 10.1g

Lemons are an excellent

fruit to keep on hand. This

bright citrus fruit, as well as

its juice, is keto-friendly. It

is beneficial to add tartness

to a dish; add a slice to your

immune-boosting vitamin C.

an antioxidant that, accord-

ing to research, fights free

radicals' molecules linked

to ageing and chronic ill-

ness while promoting good

According to the USDA,

lemons have the following

Carbohydrate: 9.32 g

C. Fresh grapefruit can be

eaten in a fruit salad or on

its own, depending on how

much sugar or sweetener

potassium which may help

to balance the quantity of

fluid and sodium in your

body if you have high blood

pressure. It can also help

lower blood pressure, lower-

ing heart disease and stroke

You'll still get a dosage of

water or a squeeze of juice.

to two servings per week.

Nutrition Facts

nutrients per 100g.

Energy: 46 kcal

Water: 88.3 g

Protein: 0.91 g

Sugar: 8.39 g

Fat: 0.27 g

Fibre: 1.5 g

Lemon

digestion.

Nutrition Facts

nutrients per 100g.

Water: 89 g

Protein: 1.1 g

Fat: 0.3 g

Sugar: 2.5 g

Fibre: 2.8 g

Grapefruit

you use.

Energy: 29 kcal

According to one study,

Finding Low-Sugar Fruits that are Low-Carb Safe

PARUL DUBE

ruits are naturally high in nutrients and have no additives. Like most plant-based foods, fruits can supply a significant amount of necessary nourishment to your diet; nearly all fruits are high in potassium, vitamin C, and

Fruits also include protein, fat, and many essential nutrients; you shouldn't cut these foods out of your diet. Fruits have varying levels of carbs, so choosing the right ones in the right amounts allows you to enjoy the health advantages of these delicious and diverse fruits while depending on your daily carbohydrate allot-

Recommended **Carbohydrates in Various Low Carbohydrate Diets**

There are numerous variations of this eating pattern, and which one is ideal for you in terms of daily carbohydrate consumption depends on your preferences and goals.

A Typical Low Carb Diet

Low-carb diets have fewer carbohydrates and more protein than regular diets.

A daily carbohydrate intake of between 100 and 150 grams gets from a significant amount of fruit for regular weight maintenance or high-

intensity activity. If this weight-loss or weight-maintenance spectrum ranges from 50 to 100 grams, it helps to promote choose those high in nutrilong-term weight loss or maintenance. You can consume fruits once or twice a

If it is below 50 grams, this helps you lose weight quickly. People may frequently avoid fruits or substitute them with other foods to maintain the daily carbohydrate limit. Eat many vegetables, but limit your food intake to low-glycemic-index varieties

Fruit and Low Carbohydrate

It would be best to think about more than simply bread and pastries while decreasing your carbohydrate intake. Many low-carb diets recommend avoiding fruit due to its natural sugar content, which is a source of much confusion. You probably hear that because fruit contains natural sugars, you can't eat it even if vou have diabetes or are on a lowcarb diet. Even though fruit sugars are naturally occurring, how they impact blood sugar depends on several variables, including what they consume if someone has diabetes. Fruit provides a variety of health-promoting nutrients, so eliminating them from your diet could be harmful.

Sugar-Containing Fruits

Some low-carbohydrate diets specifically state that fruit should be avoided, at least for a portion of the diet. Because of the higher amount of naturally occurring sugars, the fruit has a

higher carbohydrate content than other vegetables. But not all of these sugars are unhealthy; if consumed in moderation, they can all have beneficial effects without contributing to carbohydrate overload in most

Is Fruit Beneficial?

Fruits are known to be healthful because they are complete foods. There are thousands of unique edible fruits, each with a specific nutrient profile. They're called "nature's fast food" since they're so simple to transport and prepare. However, fruits do have a high sugar content compared to other foods. The three sugars present in fruits are glucose, fructose, and sucrose.

You must be wondering if they're healthy. However, a common misperception is that additional sugar consumption is hazardous when ingested in large quantities. Fructose is only dangerous in high doses, and getting too much fructose from fruit is difficult. So, naturally, it is more than just watery fructose snacks and is also very nutritious.

They contain numerous nutrients that are beneficial to one's health, and there is also fibre, several vitamins, minerals, antioxidants, and other plant compounds. Furthermore, fruits are high in vitamin C, potassium, and folate, all vitamins and minerals many individuals need. So, if you want to optimise the health benefits of fruits,

Fruits, as they all contain unique nutrients, eating a range of fruits is healthier. However, it is best to select them carefully based on your objectives. Fruits with skin are preferred because they frequently contain high levels of antioxidants and fibre. Because of their high fibre and fructose, fruits generally have low glycemic indexes (GI). Low GI foods include melons, pineapples, dates, and dried fruit; sweetened dry fruit has a higher GI rating. Just be mindful of the fruit variety and serving sizes you choose.

When Should You Avoid

While fruit is generally **Cantaloupe** healthy, some people may need to avoid it for health reasons. For example, a on the market aren't even "genuine" fruit juices, consisting of water blended with some concentrate and a ton of sugar. Even if you acquire keep your consumption in and water. check. Fruit juice contains about the same amount of sugar as a sugar-sweetened beverage. Since there is no chewing resistance or fibre to slow down absorption, it is relatively simple to absorb a

lot of sugar quickly. Finally, choose low-carbo-

Nutrition Facts hydrate fruit that fits within According to the USDA,

the daily carbohydrate range of your diet plan.

Low Sugar Fruits

Some fruits have fewer carbohydrates per standard serving because they contain more water or because their high fibre content makes them less absorbable. However, the remaining carbohydrates in these fruits are easy to absorb. Fibre is a carbohydrate, but it's one that your body can't digest, so it does not affect your blood sugar. As a result, some cious but also goes well with people value net carbohydrates over total carbs.

Here is a List of the Top **Low-Sugar Fruits**

Fruits with high water or fibre content have fewer carbohydrates than others. A significant example of this is watermelon, a delightful summertime pleasure that is 92 per cent water and has the lowest carbohydrate content of any fruit, with only 7.5 carbohydrates per 100 grams. It is also high in vitamins A and C. However, one serving can be filling because watermelon is high in water.

It's also high in lycopene, a plant chemical responsible for the red colour of watermelon and its antioxidant benefits. According to a study, lycopene can reduce inflammation throughout the body, potentially lowering the risk of malignancies such as breast, stomach, colon, and lung. However, watermelon has a high glycemic index because of its low fibre content.

Nutrition Facts

According to the USDA, watermelon has the following nutrients per 100g.

Energy: 30 kcal Water: 91.4 g Carbohydrate: 7.55 g Protein: 0.61 g Fat: 0.15 g Sugar: 6.2 g Fibre: 0.4 g

Melons are low-fructose fruits, and cantaloupe is a cool orange melon to eat person diagnosed with dia- on a hot summer day. Like betes or blood glucose fluc- other fresh fruits, cantatuations must not eat dry loupe is high in vitamins and fruits or fruit juices. Fur- nutrients like potassium, thermore, many fruit juices vitamins C and A, and beta carotene.

Cantaloupe or honeydew with tuna salad is a popular combination. Make a delightful agua fresca by mixing 100 per cent pure fruit juice, cantaloupe with lime, mint,

According to a study, cantaloupe contains a significant quantity of vitamin C, which has anti-inflammatory, antioxidant, and maybe anti-cancer properties, which may help it fight disease.

Nutrition Facts

According to the USDA, grapefruit has the following nutrients per 100g

Energy: 42 kcal Water: 88.1 g Carbohydrate: 10.7 g Protein: 0.77 g Fat: 0.14 g Sugar: 6.89 g Fibre: 1.6 g

cantaloupe has the following

Kiwi is one of the sweetest fruits. So you might think it's off-limits on a low-carb diet. However, you can consume kiwi on this diet as well. Kiwis have a moderate flavour and brighten up a fruit

They're delicious raw or combined into a smoothie or homemade ice cream popsicle, and you can also consume the seeds and peel. In addition, vitamin C and antioxidants in kiwi may assist in immune function, which may help reduce the incidence of colds and flu, according to a previous

Nutrition Facts

According to the USDA, kiwi has the following nutrients per 100g:

> Energy: 58 kcal Water: 83.9 g Carbohydrate: 14 g Protein: 1.06 g Fat: 0.44 g Sugar: 8.99 g Fibre: 3 g Vitamin C: 74.7 mg

Strawberry

Strawberries are a great low-carb fruit. It is also abundant in antioxidants, vitamin C, and fibre and has few carbohydrates.

According to studies, Strawberry consumption helps lower the risk of numerous chronic diseases. In addition, it may help enhance heart health, reduce blood sugar levels, and prevent cancer.

Nutrition Facts

According to the USDA, strawberries have the following nutrients per 100g: -

Energy: 36 kcal Water: 90.8 g Carbohydrate: 7.96 g Protein: 0.64 g Fat: 0.22 g Sugar: 4.86 g Vitamin C: 59.6 mg

Raspberry

Raspberries are low-sugar fruit, high in vitamin C, a water-soluble nutrient essential for immunological functions and iron absorption.

According to a study, it Conclusion contains many potent antioxidants like vitamin C, quercetin, and ellagic acid. Grapefruit is another low-Enjoy a bowl of them alone, carb food option, and it's also as a topping, or with other a fantastic source of vitamin ingredients. They are available frozen vear-round or fresh in the summer.

Nutrition Facts

According to the USDA, Grapefruits are rich in raspberries have the following nutrients per 100g: Energy: 57 kcal

Water: 85.6 g Carbohydrate: 12.9 g Protein: 1.01 g Fat: 0.19 g Sugar: 2.68 g

Vitamin C: 23 mg

Orange

On a low-carbohydrate diet, oranges are an excellent on-the-go snack. Because oranges contain potassium, which can help decrease blood pressure, increasing your diet of high-potassium foods may have the same blood pressure-lowering effect as taking potassium supplements. It also contains a significant amount of immune-boosting vitamin C.

Nutrition Facts

According to the USDA, oranges have the following nutrients per 100g: -

Energy: 52 kcal Water: 86.7 g Carbohydrate: 11.8 g Protein: 0.91 g Fat: 0.15 g Sugar: 8.57 g Fibre: 2 g Vitamin C: 59.1 mg

The deep purple fruit plum is low in calories and carbohydrates. Fresh fruit is preferable to dried fruit (formerly prunes) because dried fruit contains more sugar and carbohydrates.

Plums are highly antioxidants, which can help reduce inflammation and protect cells from free radical damage. Furthermore, it's exceptionally high in polyphenol antioxidants, which have been shown to improve bone health in one research and may help lower the risk of heart disease and diabetes in others.

Nutrition Facts

According to the USDA, plums have the following nutrients per 100g:

Energy: 46 kcal Water: 87.2 g Carbohydrate: 11.4 g Protein: 0.7g Fat: 0.28 g Sugar: 9.92 g Fibre: 1.4 g

If you're on a low-carb diet, the main goal is to reduce carbohydrate intake sufficiently to meet your objectives. Try to eat fruits with low sugar. If you have diabetes, you may wish to consult a doctor or dietician to construct a diet plan that correctly incorporates fruit. Fruit provides fibre, vitamins, and minerals, making it a better choice for a sweet craving when trying to limit sugar intake. Just be careful about the types and portions of fruit vou choose.

Low-carb dieting does not always have to mean eating mainly protein and fat. Fruits can be a significant source of nourishment in a low-carb diet. The majority of people benefit from fruit. Although consuming too much sugar can be detrimental, this is not the case with whole fruits. Instead, they are "genuine" foods that are high in nutrients. Make an informed decision by learning which fruits you can consume without exceeding your recommended carbohydrate consumption.

RECIPE

Butter Chicken

Ingredients of Butter Chicken

8 Servings, 1 kilograms chicken, 2 tablespoon refined oil, 1 teaspoon red chilli powder, 1 1/2 cup tomato puree, 2 teaspoon coriander seeds, 2 crushed cinnamon, 5 green chilli, 4 clove, 500 gm butter, 4 red chilli, 1 teaspoon coriander powder, 1 1/2 teaspoon kasoori methi powder, 2 bay leaf, 2 teaspoon salt, 2 medium onion, 4 handful crushed dried fenugreek leaves

2 teaspoon onion paste, 1 teaspoon garlic paste, 1/2 cup yoghurt (curd), 3 green cardamom, 1 teaspoon ginger paste, 1 teaspoon mace powder, 2 black cardamom, 1/2 teaspoon sugar

3 tablespoon fresh cream, 1 handful coriander



How to make Butter Chicken

Step 1 Prepare the marinade and marinate chicken

To prepare this mouth-watering chicken recipe, first prepare the marinade for the chicken. For the same, take a large bowl and mix together yoghurt, onion paste, green chillies, ginger-garlic paste, sugar, salt, green cardamoms, black cardamoms, and mace powder. Add pieces of raw chicken in the bowl and mix well. Allow the chicken to marinate overnight. Once the chicken is well marinated, roast it in a tandoor or an oven till its 3/4th done.

Step 2 Prepare the masala and then blend to make puree for the gravy

Now, heat little butter in a pan over moderate flame. Add bay leaves, cloves, cinnamon, red chillies, and crushed coriander seeds. Sauté the ingredients for half a minute. Now in the same pan, add a bit of onion, red chilli powder, coriander powder, kasoori methi powder and tomatoes. Sauté them for 5 minutes and once done, transfer the mixture in a blender to make a puree.

Step 3 Cook marinated chicken in the gravy

Heat the remaining butter in a pan. Add the pureed mixture and bring it to a boil. Add marinated chicken pieces, salt, fresh cream, and mix well. To make sure that the consistency is not too thick, add some water to the mixture. Now add sliced green chillies, crushed fenugreek leaves and let it simmer for few minutes. Bring it to a full boil.

Step 4 Garnish Butter Chicken with cream and serve

Transfer the dish to a serving bowl and garnish it with coriander leaves and cream. This butter chicken recipe is easy-to-make and can be made by using simple ingredients available in the kitchen. If you're a spice junkie and love all things spicy, then customize this chicken recipe a bit by adding more green chillis or black pepper powder. Try it and relish the burst of Indian flavours. Serve it with naan or rice.

Step 5 Tips for making restaurant-style Butter Chick-

1. The size of the chicken matters. If you are using a small and young chicken, 4 hours of marination works. If the chicken you are using is larger sized or older chicken, marinate it for at least 12 to 16 hours to get tender butter chicken, 2. If you don't have hung curd, you can use thick curd too, but the cooking time might increase, 3. Turn the stove off while adding chilled cream to the gravy otherwise the gravy may curdle. This, or you can take a small amount of gravy in a separate bowl and add the cream. Mix well and then add it to the butter chicken. This way the cream will not curdle.

Weight Loss Tricks for the Night Exhale, then extend your half a minute,

NAHIDA WANKHADE

Night-time is a vital part of the day for winding down and de-stressing. Following a good night-time schedule and getting quality sleep goes a long way in losing weight. However, it is essential to remember that weight loss is something that won't happen overnight. It is more longterm and takes consistency. Here are a few tips you can do at night to lose weight and fat in the long run.

The weight loss achieved overnight will only eliminate the water weight and not the stored fat. This water weight is eventually regained and serves no purpose in terms of health. Fat loss requires consistent effort. Most weightloss strategies focus on diet and exercise, but research indicates that quality sleep is a vital factor that influences weight.

Sleep and Weight **Dynamic**

A randomised control study indicated that an increased duration of sleep time and better quality

of sleep lead to successful weight loss. A meta-analysis suggests that shorter sleep duration is associated with a 55% increase in the chance of obesity. It gets explained in multiple pathways Sleep-deprived people

have more time to consume food per day. Data also shows that inadequate sleep is associated with altered neuroendocrine appetite control. People with decreased sleep have reduced amounts of leptin and increased amounts of ghrelin, hormones that control satiety. These changes in hormone levels lead to an increase in hunger which in turn leads to higher calorie consumption. In addition, acute sleep loss increases food intake in

Studies indicate that circadian rhythm is a critical link between sleep and metabolism. Circadian rhythm influences the metabolism of cells. Metabolism is higher in the mornings and lowers during the night. Eating food at inappropriate intervals leads to weight gain and causes obesity.

Healthy modifications and suitable physical activities are essential for stable and fruitful weight loss. However, keeping these little points in mind will assist in gaining faster weight loss, including reducing screen time, cutting caffeine consumption, and practising meditation and yoga.

Tips to Sleep Better Reduce Screen Time

Data indicates that bedtime mobile phone usage was associated with poor sleep outcomes. Melatonin gets suppressed, and neurological arousal gets caused by blue wavelength light emitted by electronic devices. They also reduce sleep's rapid eye movement, lowering overall sleep quality. Therefore diminishing the bedtime may lead to interrupted usage of electronic devices is recommended to sleep caffeine intake during the better. If that is not possible, use blue light filters on your heading to bed. phones and computers to block the blue light. You can Yoga also use blue-light-blocking glasses for similar effects.



Caffeine Regulation

Caffeine is one of the most widely consumed stimulants in the world. It is known to increase performance but sleep patterns. Hence, limit day and avoid caffeine before

Paschimottanasana

A meta-analysis showed that yoga can be beneficial hips and can help you sleep better.

It has proven to be an effect tive treatment for insomnia. Here are a few yoga exercises that help you sleep better at

Sit on the floor with your legs straight out in front of

Place the palms on the floor but at the side of your you can rest your head on the Take a few deep breaths

floor. Hold this position for

hands and catch your toes. and straighten your legs Rest the elbows on the floor gradually, stretch the Savasana neck and trunk, and touch

the knees with the nose and

Uttanasana Stand straight and keep

your knees tight.

Exhale, bend forward, and place the fingers on the floor. your eyes. Try to hold the head up straight and stretch your and toes apart.

Remain in this position and take two breaths. Exhale, and move the

trunk closer to the legs. Inhale, raise the head from the knees without lifting the palms from the floor. Take two breaths, lift your hands from the floor. and return to your initial

position. **Baddha Konasana**

Sit on the floor with the legs stretched in the front. Bend the knees and get the feet closer to the trunk.

Hold the feet together and catch them with your hand near the toes. Exhale, bend forward till

It is an excellent way to relax. Vipassana Meditation

Inhale, raise the trunk

Lie flat on the back full

Keep your hands a little

Close your eyes. If pos-

Keep the heels together

Breathe deeply. Concen-

Be sure not to clench your

Relax completely and

Stay in the pose for 5 min-

breathe out slowly. Make

sure your thoughts don't

trate on the exhalations and

away from your thighs with

sible, place a black cloth on

length

palms up.

inhalation.

wander

Practitioners of Vipassana Meditation or Mindful Meditation have enhanced states of REM sleep, indicating better quality sleep.

These Meditation techniques

increase melatonin levels

which help in falling asleep

Sit down in a calm environment in your most comfortable position. Take in deep breaths.

Concentrate on your inhalation and exhalation. Try not to get distracted

by your thoughts. Do this for $10\ minutes$ before bedtime for better and higher-quality sleep. Tai Chi

Tai chi is a Chinese martial art form. Its primary goal is to relieve mental and physical stress. A systematic review found that tai chi improves sleep quality significantly. No equipment get required for tai chi; one

can do it indoors or outdoors.

You can always practice Tai

chi to sleep better. **Low-Intensity Stretching**

Data shows that low-intensity stretching improves sleep quality. Do these for 5 minutes before entering the bed. Then relax the muscles and relieve stress. It helps you to sleep better and for a longer duration. Foam rollers and stretch bands get used for stretching; however, you can do it without equip-

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better

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HEADLINES TODAY

EDITORIAL

Diseases that afflict humans

llegal logging, urbanization, desertification of Land, mining, forest fires, livestock ranching and paper are the significant factors affecting deforestation. Deforestation is very bad news for the environment and for the climate. But the science is increasingly certain that deforestation is bad for agriculture too. It causes increases in temperatures as well as changes in rainfall patterns which generally create a drier climate. It is having another worrisome effect which is an increase in the spread of life-threatening diseases such as malaria and dengue fever. For a host of ecological reasons, the loss of forest can act as an incubator for insect-borne and other infectious diseases that afflict humans. Deforestation is the purposeful clearing of forested land. Throughout history and into modern times, forests have been razed to make space for agriculture and animal grazing, and to obtain wood for fuel, manufacturing, and construction. The process can directly lead to biodiversity loss when animal species that live in the trees no longer have their habitat, cannot relocate, and therefore become extinct. Deforestation can lead certain tree species to permanently disappear, which affects biodiversity of plant species in an environment. It affects the people and animals where trees are cut, as well as the wider world. Some 250 million people living in forest and savannah areas depend on them for subsistence and income, many of them among the world's rural poor. The disadvantages to deforestation are an increased amount of carbon dioxide emissions and soil erosion as well as the destruction of forest habitat and the loss of biological diversity of both plants and animals. If we don't stop deforestation, more than half of our plant and animal species will be extinct. It is the oldest ecosystem on Earth and they are impossible to replace. It took millions of years for rainforests to develop... How can we replenish fast enough to cope with the rate of deforestation?

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The Wise Elders: Let us follow their path

taying young, wild and free is a blessing that doesn't last forever. Growing and aging is a natural process that every individual experiences. As we grow, we encounter various negative and positive experiences that change our perception of life. Older members of a family bring wisdom, calm, dependability and unconditional love that frame the views of the broader family and shape the future of younger generations. The children of today will be the elders of tomorrow and thus their attitudes toward older people lay the ground for their future self-esteem and psychological well-being.

Our elders, parents and grandparents, sympathetic uncles and other close relatives have undoubtedly made sacrifices to ensure that we are in good hands from the moment we are born until we grow up. They show the rightful path which will lead to our success as they have much more experience of life than us. They have loved us unconditionally despite our faults and blunders. We owe it to them to ensure that they are in good hands and we reciprocate our love by caring for them or providing them with the same care they have given us.

Elderly people have always been the treasure of our families. They

traditional and cultural values present in any ethnic group or community. Elders are like the roots of the tree and hold the family firmly at all times and make them strong. They are the ideal mentors. From all the experiences they have accumulated over the years, they can judge a situation and give constructive advice to their children. They also play an important role in solving disputes among the family members and in the lives of their grandchildren. They spend time with them, play with them, and teach them important rules and values of life in the form of stories. The stories that they tell have a positive impact on the young minds of children. They also provide a safe and loving environment for children to grow in. They are a form of blessing for all of us and are the greatest treasure of the family, society, and nation. They have an immense ocean of knowledge, experience, and wisdom which serves as a guidepost for the younger generation.

Considered as the custodians of wisdom, elders in many societies enjoy considerable degree of social reverence. If a person of power exercises sound judgment, he or she relies upon the



maintain a sense of social justice. In this way, elders have long been an elemental source of social well-being. We should follow the footsteps of our wise elders, as they are a treasure of knowledge and wisdom, tested and tried since long. It not only helps in creating a better human being within themselves but also makes us more inclined towards giving back to society.

We all have much to learn from listening to our elders. When they speak, stop what you're doing, clear your mind, listen deeply and remember what they say. In time, we will remember some of their wise words, which are likely to steer us to fruitful and healthful destinations. In times of distress, such wisdom can enhance our individual and collective well-

Wise elders encourage the young to not surrender their life will as they know everyone's path is unique and everyone has a gift to uncover, develop, and share with the community. They encourage us towards love instead of fear, openness instead of bracing against change. They encourage us to work through our fears. They provide an embrace of support to the young and also a push to not be afraid to self-

wisdom of elders to reinforce actualise. They are wise because important social values or to they have been able to connect the dots in their lives and learn from all their life experiences. They are self-aware and able to self-correct. They also have spent some quality time considering their mortality. They silently worry about their future and often worry about their children and other loved ones.

Our elders have come so far and they've learned so much, we have a responsibility to learn from that wisdom. Our elders have either acquired, created or have been brought up with a set of morals, values and/or principles in their life. They may not apply to our own but the least we can do is see how those values impacted their lives. We can learn a thing or two from adopting those values. Learn the right and wrong. Have the insight into a set of rules that we can outline for ourselves to follow and live by. Our elders would want the best for us and they would be more than willing to tell us what set of rules and guidelines have made them

successful and hopefully, peaceful. "Listen to your elder's advice. Not because they are always right but because they have more experiences of being wrong." - Melchor

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Targeted Killings: Kashmir Fights Back!

NILESH KUNWAR

ednesday's killing of three Pakistan backed Lashkare-Taiba [LeT] terrorists [including self-styled LeT commander Lateef Rather] in the Waterhail area of Budgam district in Central Kashmir is indeed a major success for the security forces and J&K police. What makes this operation all the more special is that despite being undertaken in a populated area, security forces neutralised these terrorists without suffering any casualties or causing collateral damage

Extinction of Rather is undoubtedly a remarkable achievement-not only because of his active involvement and direct complicity several heinous acts of terrorism, but also because he was able to successfully evade arrest/extermination for nearly a decade. At a time when the average 'active life J&K is barely one year, Rathcern for the security forces.

wanted list of terrorists, it shot up several notches after he was conclusively identified as the one personally responsible for murdering innocent civilians at Budgam district was at his the behest of his Pakistani desk, engrossed in official masters. Amongst his hap- work when Lateef Rather, less victims was a Kash- accompanied by an associate miri Pandit named Rahul entered the office premises Bhat and a female Kashmiri and walking up directly to Muslim artiste Amreen Bhat, shot him dead at point Bhat. Both the deceased were in their mid-thirties.

To the uninitiated these



killings. However, those closely following Pakistan army's ongoing proxy war in Kashmir would unanimously agree that selection of these seemingly un-associated 'targets' has the typical hallmark of Pakistan army's spy expectancy of a terrorist' in agency Inter-Services Intelligence [ISI] sinister strategy er's 'longevity' was a obvi- of trying to create mayhem ously a matter of great con- and destroy Kashmir's pluralistic and tolerant culture So, while Rather's name by its two-pronged of inciting was high on the J&K police communal disharmony and promoting fundamentalist ideology in Kashmir Valley.

On May 12, Rahul Bhat, employed in the revenue department at Chadoora in blank range. The tragedy is guished merely to terrorise

community and convey the message to them that they weren't welcome back!

The irony is that even though his family was compelled to leave their ancestral home in in Budgam district's Beerwah village due to the forced exodus of Kashmiri pandits orchestrated by fundamentalist Islamic terrorists in 1990 and take refuge in Jammu, when selected for a job in the same district, Bhat chose to return. He perhaps may have felt that since Budgam district happened to be home ground where his family had co-existed harmoniously with their Muslim

would be safe in Chadoora. But this was not to be! Amreen Bhat's case is ing. Chadoora [Budgam dis-

regularly posting her music videos online. The content of her videos were sober and they never violated religious edicts or any cultural/social norms. Since, Amreen took due care to ensure that contentious issues never featured in her videos or social media posts, no one had ever expected that she would end are efficiently being hunted up being murdered by a fellow Kashmiri who had and the local police. Take sold his conscience to his

Control [LoC]. father and other family members in Budgam's Hushroo Bhat and Amreen. While village in the outskirts of Sribrethren for centuries, he nagar. On May 26, LeT commander Rather accompanied by his indispensable sidekick came looking for Amreen. equally tragic and intrigu- He asked her 11-year-old it was public anger against nephew [who was just leav- targeted killings of innocents trict] resident Ms Bhat was ing the house on an errand] that contributed immensely a spinster, who besides being to call for Amreen. When that a young life was extina local TV artiste, was quite she came out, Rather briefly active on social media and engaged her in conservation may appear to be random Kashmir's indigenous Pandit ever since 2007, had been before whipping out a pistol of how information regard-

blank range. Despite her grievous injuries, Amreen managed to stagger back into her house, but the heartrending sight of a profusely bleeding lady gasping for dear life didn't move the blood thirsty Rather. Following her inside, he shot her again and after ensuring that she was dead, fled the scene like a coward. Even if one was to apply

the most skewed fundamentalist standards, there still can't be any justification whatsoever for Amreen's cold-blooded murder by one who claims to be a 'mujahideen' [Islamic warrior]. So, why was she killed? As Amreen was no threat to the pro- Pakistan camp in Kashmir, her murder was most probably an attempt at giving an impetus to growing Islamic fundamentalism in Kashmir being championed by the likes of of Dukhtarane-Millat [Daughters of the Nation chief Asiva Andrabi.

The reassuring part is that those perpetrating targeted killings in Kashmir Vallev down by security forces the case of Rather who had mentors across the Line of survived for so long but was finally corned and eliminat-Ms Bhat lived with her ed within three months after he had brutally murdered security forces and intelligence agencies deserve due credit for neutralising this bloodthirsty fiend, there are all the reasons to believe that to this achievement.

The grapevine in Kashmir Valley is abuzz with rumours

and shooting her at point ing Rather's whereabouts was being regularly passed on to security forces by irate locals. Furthermore, the fact that J&K police confidently announced that LeT commander Rather was trapped inside a house the moment the Waterhail encountercommenced, clearly indicates that the security forces had precise prior information about his presence.

There was a time when due to lack of actionable intelligence regarding locations of terrorists, security forces in J&K were compelled to conduct elaborate cordon and search operations. However, things have since changed and despite the threat of being killed by terrorists, the violence weary locals are now willingly cooperating with security forces. This is because senseless violence has effectively demolished the more than three-decade old facade of the so-called "armed struggle" in Kashmir

People in J&K have started realising that terrorists who claim to engaged in an "armed struggle" for 'azadi' [freedom] are actually "fighting Pakistan's war in Kashmir"- a fact that none other than United Jihad Council chief and Hizbul Mujahideen terrorist group supremo Syed Salahuddin has himself admitted. Rejection of violence by Kashmiris is a positive development that will certainly go a long way in ridding the Valley of the scourge of terrorism, which in the words of Mirwaiz Umar Farook has "not achieved anything other than creating more grave-

Living in the moment

FAIZAAN BASHIR

f I were to foregather people suffering psychologically, and given a chance to provide them with a way out, I would make them aware of what the present moment has to offer. Sufferings that have made our life a hell have little to with the present moment and more to do with the past or the future. The former a lot many of us dwell on, the latter many of us are worried about. In any case, they are something that don't exist at the moment. A person capable of taking the trouble to think about the complications of time would agree that both the past and the future are illusions.

Here are examples to show why living in the now is so vital:

The other day one of my friends seemed to have some bouts of depressive tendencies for being subjected to people's brickbats thrown at him way long back. The scenario my pal was caught up in done to him. Therefore, screwing had to do with the cutting remarks that he became victim of. Speaking sensibly, there's no way to physically go back in time and take demands something to get rid of the it provides you with much-needed revenge of the wrong that had been psychological pain. Here the presrelief. The brickbats no longer future. He would get things done

ourselves up badly over our past is absolute nonsense

What it offers is the best medicine. you all through the way. You turn towards it, it gives you Anyhow, now the situation hope. You immerse yourself in it,

ent acts as the best psychiatrist. exist. The present moment guides

Stressed out over what the future has in store for him, this young boy always paid long visits into the

in the future, get things undone in the future, speak to intellectuals, become a millionaire. Having high hopes of all the stuff he's enjoying in the made-up future, he began to have some intense brain fogs as "things" unfolded before him and scared him to death. The seriousness of his fast-forwarding into the future had him take no action. And in such a state he wasted a good number of years.

Such future-fuelled stress could be eliminated by being in the now. By doing things with all your heart and mind. No fantasies involved. One shouldn't keep high hopes of the future. When the you're honest with the present, not wandering in psychological time, the future by itself turns beautiful.

Besides the typical examples I stated above, the present moment can be used to withstand anything that seems to be eating away at our psyche.

Let's give it a try on an individual level.

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AFTER 75 YEARS OF INDEPENDENCE, HEALTH IS NOT A FUNDAMENTAL RIGHT

DR ARUN MITRA

ince independence our country has progressed in many fields. The British colonial rulers squeezed our economy and left the nation with poor education and health status. According to Sanjay P Zodpey and Preeti H Negandhi as per the 1951 Census, India's population was 36.1 crores. Only 18.33% of the total population was literate then, of which female literacy was 8.86%; only one out of every 11 women were able to read and write. The overall life expectancy was 32 years. The infant mortality rate (IMR) was 145.6/1000 live births. Maternal mortality ratio (MMR) in the 1940s was 2000/100,000 live births, which apparently came down to 1000 in the 1950s. There were only 50,000 doctors across the country. The number of primary health-care centers in the country was only 725. (1)

In the pre-independence period Indian society was largely dependent on the traditional medicines, faith healing and belief system. Modern health planning in India started after the Joseph Bhore committee recommended in 1946 that "the health programme should be developed on a foundation of preventive health work' and that 'if the nation's health has to be built, such activities should proceed side by side those concerned with treatment of patients'. No individual should be denied to secure adequate medical care because of inability to pay; medical services should be free to all without any distinction and doctor should be a social physician. The committee also observed that health and development are inter-dependent and improvement in other sectors like water supply, sanitation, nutrition, employment lead to improvement in

In the first few decades of postindependence period the direction of the healthcare was influenced by these principles During that period much of the health care was developed in state sector with an emphasis that modern

scientific healthcare should reach the reach of low and even middle income

Sensing the need for cost effective drugs, Prime Minister Jawahar Lal Nehru went forward to establish drugs manufacturing in the Public sector. He had said "the drug industry must be in the public sector..... I think an industry of the nature of the drug industry should not be in the private sector anyhow. There are far too much exploitation of the public in this industry". Indian Drugs and Pharmaceutical Ltd. (IDPL) was established in 1961. IDPL played a major role in the strategic National Health Programmes. Recognising its role, the World Health Organisation commended that "IDPL had achieved in 10 years what others have in 50. IDPL products have been examined for quality very carefully by the developed countries and many of them want to buy from here".

But after the shift in economic policies and neo liberal model of development the whole scenario changed. From the holistic perspective there occurred a policy shift towards health. that treats health as 'techno-dependent and amenable to commodification'. The shift was seen in the approach of WHO also. Thus in our country we find that the public sector is now responsible for the preventive services while the private sector is profiteering from the advanced tertiary care.

The effect on Medical Education too is evident. At the time of independence, there were 20 colleges out which only one was in private sector. Presently there are 612 medical colleges with 92652 seats. Out of these 313 are government colleges while the rest 299 are run by the trusts or the private sector. Tuition fee in the latter group is exorbitantly high to the extend of over a crore rupees for 4.5 years of MBBS course in some of them. Thus there is complete denial of admission in these colleges to the students from lower and

middle income group. We have seen huge growth of corporate hospitals in health sector. The advanced care has become out of

as a curative thing with little talk to improve health determinants like improved sanitation, clean drinking water supply, housing, job security and increase in capacity to spend on

No wonder the government recognises the fact that every year 6.3 crore people are pushed below poverty line because of out of pocket expenditure on health. But the remedy being offered is rather further pushing the people into debt. The whole healthcare concept is insurance based which fail to provide comprehensive healthcare. Senior citizens are the worst affected. Even the Ayushman Bharat covers only 50 crore while the rest about 90 crores are left out. It is applicable for indoor care only, whereas 70% of the out of pocket expenditure on health is on OPD care.

Moreover there are several conditions attached to get registered with this scheme. Eligible people also find it very hard to make the card. Other state run insurance schemes offer a limited benefit. For a person to get insured with private or public sector company, she/he has to shelve huge amount. The ESI started in 1952, CGHS in 1954 and ECHS in 2003 provide comprehensive healthcare to the employees to an extent. There is a move to dilute the ESI. The government is planning to handover district hospitals to the private sector to open medical colleges. In these hospitals 50% patients will get free treatment while the rest will have to pay. The free patients will have to get authorization from a designated authority, thus creating several hurdles for them.

To encourage education among the children from deprived families, the National Program of Nutritional Support to Primary Education (NP-NSPE) was launched as a centrally sponsored scheme on 15th August 1995 in 2408 blocks in the country for enhancement of enrolment, retention, improvement of attendance and quality of education and improving

of nutritional levels among children. group. Health is being projected only To care for the children of working people Aaganwadi was started in 1975. ASHA worker scheme was started in 2005. They worked as frontline workers during the pandemic. But till date they have neither been regularised nor been given the status of worker.

The concept of universal comprehensive health care was first of all realized by the Soviet Union who in the Soviet constitution 1936 guaranteed that the Citizens of the USSR have the right to health protection. The NHS was launched in the UK on 5 July 1948, by the then Health Secretary, Aneurin Bevan. This gave huge benefit of free healthcare to the population. The Cuban government adopted the concept of social medicine into practice. Its effect is well recognised globally. India has 1:1075 doctors of modern

India spends around Rs.1753/- on the health per capita in the public sector. India is one of the 15 countries with ignominious distinction of public spending of less than or about 1% of the GDP on health: other similarly placed countries spend twice the amount while developed ones spend 10 times more - says K Sujatha Rao in her book 'Do We Care'. Cuba spends up to 15%. It is no surprise therefore, that the secretary general of the United Nations, Ban Ki-moon, during a visit to Cuba hailed its healthcare service as, "a model for many countries"

Our major health indicators are still not up to the mark. Our MMR is 103 (2019) for every 100,000 live births and IMR at 30 per 1000 live births. We ranked dismally low in the current Hunger Index, at 101 out of 116 coun-

Quality healthcare is a dream for an average Indian. The inability to pay is pushing our population to buy loans for health or sell the assets. To make the things further worse obscurantist ideas like astrology, Gau Mutra and Tantriks are being highlighted under the present regime.

There is need for reversal of these

policies to make healthcare a social responsibility with state taking effective intervention at all levels to ensure healthcare for all. It is the duty of the public health and social activists to educate people on the issues of their rights to health in proper perspective. Health should be declared as a fundamental right. "The focus on our health policies should be grounded in the ideology of human welfare and to achieve the three basic goals of health systems - equity, efficiency and quality" - K Sujatha Rao.

In September 2019, a High-Level Group on the health sector constituted under the 15th Finance Commission had recommended that the right to health be declared a fundamental right. This if implemented, will strengthen people's access to healthcare.

On the 75th year of independence let the country take effective measures for health. Promise to take positive steps so that governments promote, finance and provide comprehensive Primary Health Care. Enhance public spending on health from 1% to 5 % of GDP immediately. Put an end to privatisation of public health services and ensure effective regulation of the private medical sector.

Assure safe drinking water supply through piped water; sanitation in all households and localities, and enforce complete safeguards against air, water and soil pollution by industries, mines and other developmental projects. Eliminate Malnutrition by implementing National Food Security Act 2013. Promote people's spending power by ensuring sufficient wages so as to meet their nutritional needs. There is need to implement a Rational Drug Policy. Ensure improved availability, accessibility and affordability of drugs including vaccines and sera in the public health system and promote manufacture of drugs in Public Sector Units to make cheap bulk drugs. Medical education should be in the state

How we will tell you! The incident in Parghal (Rajouri) four days before the great festival of Raksha Bandhan which followed another great one Muharram (this one was before) and the devils struck!

M S NAZKI

hey are there but they will not be! There is a height of madness and perhaps ISI top man General Nadeem Anjum believes that insanity is still the best option with Pakistan!

'Rogue agencies have a history and ISI too has one! The Inter-Services Intelligence was created in 1948 following the first Pak war, which had exposed weaknesses in intelligence gathering, sharing, and coordination between the army, air force, navy, Intelligence Bureau

operated by officers from the three main military services and to specialize in the collection, analysis. and assessment of external military and non-military intelligence.

'The ISI was the brainchild of the former British Indian Army major general Sir Robert Cawthome, then Deputy Chief of Staff of the Pakistan Army and selected Colonel Shahid Hamid to set up the agency.

Initially, the ISI had no role in the collection of internal intelligence, except for the North-West Frontier Province (NWFP) and Pakistan Administered Kashmir.'

'Naval Commander Syed Mohammad Ahsan, who was tenuring as deputy director of Naval Intelligence and played a pivotal role in formulating the procedures of the ISI, undertook and managed the recruitment and expansion of the ISI. Following the 1958 coup

"Circumstances changed and ISI became a rogue agency where insanity took over the top men especially on the beautiful canvas of J&K which was going to become bloodied and a dreadful beginning, the canvas was painted with black

'How we will tell you! The incident in Parghal (Rajouri)two days before the great festival of Raksha Bandhan which followed another great one Muharram (this one was before) and the devils struck! They indeed were knocked off but some sisters will never be able to see their brothers! They gave up their lives for the Nation!' A Nation where human bondages are far above anything else is India!'

'Insanity is doing the same thing, over and over again, but expecting different results! That is the policy which ISI generals have always followed and the above-mentioned General is no different!"

top chair of ISI headquarters the at Kaluchak in Jammu. Ehasan-ul- ing 18 army men and wounding 22. of which, three Brave hearts suc- not be able to make it again)! General (whosoever he was or is) Haq was still there. I mean at that Naved Akhtar, another General, cumbed to their injuries while



'The ISI was structured to be talk to myself is because I'm the only one whose answers I accept'! Arrogance, ignorance and one track mind on Jammu and Kashmir erals, a brigadier and two colonels is what Pakistan's strategy is based upon! The Rajouri attack a couple of

days back proves that to the hilt! 'In one of the deadliest terror attacks in Jammu and Kashmir's three decades of militancy, as many as 40 CRPF personnel were killed and several others were injured in Pulwama district when a powerful they were travelling in . The vehicle was blown up on the Srinagar-Jammu highway in Awantipora area of the district. The Jaish-e-Mohammed has claimed responsibility for

the attack.' '14 February 2019, that was the elastic limit of insanity! Syed Asim Munir Ahmad Shah the ISI top man from 25 October 2018 to 16 June 2019 from 23rd Frontier Force and he was the Lieutenant General and without his go ahead green signal Pulwama would not have

'And once again in Rajouri ISI! attack points towards the ISI headquarters in. Some of the previous major Fidayeen attacks in Jammu

and Kashmir!' 'But before that several insane incidents had happened, yes they did. November 3, 1999: Eight army men faded away as martyrs as Fidayeen attacks Badami Bagh headquarters of army's 15 Corps in Srinagar. The ISI top man was

Lieutenant General Ziauddin Butt!' 'Nine policemen of Jammu and Kashmir Police's elite counterinsurgency force Special Operations Group (SOG) were killed when Fidayeen attacked the SOG camp at Handwara in north Kashmir. General Ehsan-ul-Haq was the

top man!'

'July 22, 2003: Eight army personnel including a Brigadier were killed and 12 – including four gen-- were injured when Fidaveen stormed an army camp at Akhnoor in Jammu. Ehsaan-ul Hag was still

the top man! 'July 19, 2008: 10 soldiers were killed and 20 injured when militants targeted an army convoy at Narbal on the Srinagar-Baramulla national highway after detonating IED blast ripped through the bus an IED. Nadeem Taj, another Lt. General sitting in the ISI headquarters in Islamabad'!

'June 24, 2013: Ten soldiers were killed and 12 injured when two militants attacked an army convoy at Hyderpora bypass in Srinagar. In this attack, the militants managed to escape.

'September 25, 2013: Nine people including a Lt Col, four policemen were killed in twin Fidayeen attacks by militants in Jammu's Samba and Kathua. All the three militants were later killed. Ahmad Shuja Pasha was the top green in

December 5, 2014: Eight soldiers and three policemen were killed when militants stormed the army's camp at Uri near the Line of Control. The attack was claimed by Jaish-e-Mohammad (JeM). Six Jaish militants were also killed. By now the command of the agency had been taken over by Zaheer-ul-Islam! Again Lt. General, I forgot to mention!

'June 26, 2016: Eight CRPF men were killed and 22 injured when Fidayeen attacked a CRPF convoy at Pampore on the Srinagar-Jammu national highway. Two Fidayeen were also killed in the attack. Now it was Rizwan Akhtar looking after the agency!

'September 18, 2016: Heav-'May 14, 2002, 31 people were ily armed militants carried out an rorists were neutralized. killed and 48 injured three mili- attack at Uri Brigade, close to Line The principle of sitting on the tants stormed an army cantonment of Control in north Kashmir, kill-

'January 1, 2018: Five CRPF personnel, including an officer, were killed in a pre-dawn fidayeen attack by Jaish-e-Mohammad (JeM) militants on their camp at Lethpora in south Kashmir's Pulwama district. Two Jaish militants were also killed. Naved Akhtar was still

'And now Nadeem Anjum the good looking but rogue general and Rajouri happened! Bad idea gener-

'Indian Army operations in Jammu and Kashmir include secu- pur, District-Faridabad (Haryana). Rakshak, which began in 1990, Operation Sarp Vinash in 2003 and Operation Randori Behak in 2020. Other operations include humanitarian missions such as Operation Megh Rahat and operations with a social aim such as Operation Goodwill and Operation Calm Down. The Indian Army works in tandem with the other arms of the Indian Armed Forces and security forces in Jammu and Kashmir such as during Mission Sahayata or joint operations. This was yet another one in Dharal! We did lose some great men but we ensured that the men with devilish instincts were taken apart! One more advice for Nadeem Anjum the ISI chief, 'don't worry if people think you're crazy. You are crazy. You have that kind of intoxicating insanity that lets other people dream outside of the lines and become who they're destined to be.' (This was told to me as a little kid, she was from the opposite side of Hillock in Tarkundi (at that time five years and carrying a wonderful roasted maize fruit for us) from your side of LOC. I loved that little kid and this officer at that time in and vowed to deal with terrorists me could only give her books and and their supporters in a befitting your soldiers fired bullets'.... Isn't it a bad idea! I think it was!'

Another attack on an Army camp and this is what happened:

In the early hours of 11 Aug 2022, alert sentries of the Indian Army post at Parghal, District Rajouri, (J&K) detected suspicious persons approaching their post taking advantage of the inclement weather and dense foliage.

'The sentries challenged the two terrorists who threw grenade while attempting to gain entry inside the post. However alert troops cordoned the area and engaged them in a fire fight thereby pinning them. In the ensuing encounter, two ter-

'Six soldiers of Indian Army were injured in the operation out nation and thinking the God would

repulsing this suicide attack by terrorists. Later the toll was to become

'The valiant soldiers made the supreme sacrifice upholding the highest tradition of the Indian Army. Sub Rajendra Prasad, resident of Village- Maligoven, PO- Kashim Pura, District- Jhunjhunu (Rajasthan). Rifleman Lakshmanan D, resident of Village- T Pudupatti, PO- Thummakundu, District- Madurai (Tamil Nadu). Rifleman Manoj Kumar, resident of Village-Shahjahanpur, PO-Chand was the first information we got but later in the evening more came in.

'Four Army soldiers lost their lives in a suicide attack bid by terrorists at an Army base camp in Jammu and Kashmir's Rajouri district. Soon after the attack, an encounter broke out in which security forces gunned down two terrorists, who are believed to be from the Pakistan-based Jaish-e-Mohammed (JeM), and were heavily armed with deadly 'steel core' bullets.

'According to police, two terror ists who carried out a 'fidayeen' attack were shot down after an over four-hour gun battle which started at 2 am and ended just before 6.30

am. 'Defence spokesman at Jammu Lt Col Devender Anand said alert sentries of the Army post at Parghal in Rajouri district in the Jammu region, about 185 km from Jammu city, detected suspicious persons approaching their post taking advantage of the inclement weather and dense foliage.

'J&K Lieutenant Governor Manoj Sinha condemned the attack manner. He tweeted, "We shall deal with evil designs of terrorists and their backers in a befitting

To conclude I will just say one thing, though not a General but in the art of writing I can explain to Nadeem Anjum the present ISI chief, 'flirting with madness was one thing; when madness started flirting back, it was time to call the whole thing off.' That's the best idea and that child had told me then! The year 1996 and the month was September and the kid's name Chilly as we called her and the actual Shabnam Tassavur! 'Whow Masoom Chehra Tassavur Se Pyaar... Mussavir se Shahid Bane na Dobara (That face of a child beyond imagi-

INDIA TAKES OVER G-20 PRESIDENCY ON DECEMBER 1 AT A **CRITICAL TIME**

K R SUDHAMAN

ndia takes over presidency of G-20 at a critical juncture when geo politics is at cross roads and global economy difficult and sagging. This is significant as it takes over leadership at a time when there is need to strengthen multilateralism and that India is ideally suited because of it being among the few countries that are fit to play the balancing act to this increasingly multi-polar world. India is deeply committed to multilateralism and democracy and G-20 presidency would be very significant for India's history.

India, world's largest democracy takes over the presidency on December 1, 2022, from Italy when serious attempts are being made to de-globalise the world. India is best suited to work towards putting back on rails the global economy on the path of globalisation, necessary to deal with widening poverty, joblessness, inflation and dwindling global trade and investments. Trade is the only engine of growth and this can be widened only through promoting rule-based trading with lower tariffs and fair play.

"This could be pushed hard only if multilateralism and globalisation are strengthened. India's inclusive governance model with emphasis on multilateralism promises one of the finest years for G-20 leadership where multilateralism can flourish and G-20 can make a serious contribution to making globalisation fairer, sustainable while transforming the processes of international negotiations," a top IAS official and government of India secretary, V Srinivas has said.

G-20 is an important and a leading world forum as it represents 90 per cent of global GDP and 80 per cent of global trade and two-thirds of world population. G-20 was born out of a meeting of G 7 finance ministers and central bank governors, who saw the need for a more inclusive body with broader representation in addressing the world's financial challenges.

In all fairness one could argue the G20 has been at the forefront in battling financial crisis, be it 2008-09 global financial crisis, Eurozone crisis in 2010 and Covid-19 pandemic. All these crises have had a devastating effect on global economy and trade. India takes over from the Indonesian presidency in 2022 which focussed on recover together, recover stronger after Covid. Italy had the presidency in 2021, which focussed on people, planet and prosperity when world was reeling under Covid. India's presidency

The G20 Indian Presidency would be one of the most significant milestone moments of Indian democracy. It is widely felt that in times when there is a crisis of multilateralism, India has the responsibility for bringing stability to a deeply divided multipolar world and crafting broader global responses to the challenges. The theme of the Indian Presidency would be announced

in December 2022. Basically the presidency is for 2023. G-20 comprise India, United States, China, Russia, United Kingdom, France, Germany, Japan, Indonesia, Italy, Brazil, Mexico, Argentina, Canada, Saudi Arabia, South Africa, Austraila, South Korea, Turkey and European Union. At the juncture when there is increasing protectionism and hence need for strengthening and reforming multilateral institutions, which in G20 works through a number of international organisation including United Nations, IMF, World Bank, OECD WTO ILO, FSB and BIS. De-globalisation has got a push lately particularly after the Ukraine-Russia war, and the Sino-US standoff aggravated by China's posturing on Taiwan. All these factors along with lockdown resorted to in various countries after the Covid outbreak has provided ample evidence of slowdown in the globalisation efforts, which is not good for the World economy already hit by jobless growth and very

The agenda for the Indian Presidency can be drawn from the communiques of the Rivadh, Rome and forthcoming Jakarta summits. The IMF has said that the following Instruments of financing remain relevant as debt challenges are pressing and the need for action continues to exist. The DSSI (Debt service suspension initiative) of World Bank and CCRT (Catastrophe containment relief trust) of IMF have lapsed end 2021, and G20 is yet to reach a consensus on their continuation. The DSSI and the Common Framework are important instruments for debt relief, and efforts should be made to continue to operationalize them.

The Catastrophe Containment Relief Trust grants for debt service relief to be strengthened through a coordination approach for fund raising. However, the Trust has scarce resources after the sanctions of the 5th tranche and creditors are reluctant to extend the timelines. The Resilience and Sustainability Trust has commenced operations from May 1, 2022 needs to be continued as an important source of financing for middle income countries under debt stress.

Srinivas said from India's perspective the focus would be on IMF Quota and Governance as also that

Further the issues of climate financing, digital assets and capital flows are likely to continue to feature in the G20 agenda. There also exists an extraordinarily challenging macroeconomic environment. Nearly 60 percent of the Low-Income Countries are facing an unbearable debt burden. It is likely that the G20 will come together to establish new rules and timelines for the common framework. Further the G20 must continue to fight the crisis of climate change and send clear signals to decarbonize the economy. Lastly G20 must do everything in its power to keep inflation in range, to protect the living standards for vulnerable people.

The External Affairs Minister S Jaishankar has said that "for the first time in the history of G20, India will host the G20 meetings over the year, not only in Delhi but in every State and Union Territory." Former RBI Governor Raghuram Rajan is if the view that when India gets Presidency of G 20, it should formulate India based agenda and push the global trade towards fair

India's strength lay in services, particularly IT and IT enabled services. Manufacturing at best could increase to 20 per cent of GDP, while services accounted from 60-70 per cent of GDP. So the effort should be push trade in services particularly movement of personnel to cash-in to help the huge youth population when the size of youth is shrinking elsewhere in the world. As part of the efforts to strengthen globalisation, G-20 presidency provided an opportunity to promote this area as well apart from other areas of concern.

IPA SERVICE

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BRIEFLY NEWS

'...Shayari Project': Akhtar, Vishwas pay tribute to **Indian poetry**

'INDIA SHAYARI PROJECT', an offering from Zee Special Projects, will mark this Independence Day with an enriching poetic dialogue where Javed Akhtar, Zakir Khan, Kausar Munir and Kumar Vishwas will discuss why India is not just a piece of land but a 'sentiment'

Be it the Bhakti dohas of Kabir, the Sufi 'kalaam' of Bulleh Shah, Tagore's 'Geetanjali', Bismil Azimabadi's ode to young freedom fighters (Sarfaroshi ki Tamanna), Dinkar and Nirala's contemporary voices or the progressive Urdu masterpieces of Sahir, Kaifi Azmi, Gulzar and Javed Akhtar, Indian poetry has captured India in all its diversity since time immemorial.

It is this unbroken poetic narrative that the 'India Shayari Project' pays a heartfelt tribute to.

But what exactly is India? Akhtar whose poetic legacy goes back to his grandfather Muztar Khairabadi and father Jaan Nisar Akhtar recounts how his poetry has painted the many colours of India through bhajans, Urdu ghazals and lighthearted film songs, while young talent Zakir Khan will recall the influences that have today made him the voice of the Indian masses.

Well-known lyricist, poet and film-writer Kausar Munir will relive how she veered from English academics to shavari and cinematic writing.

Kumar Vishwas will be the 'sutradhar', and will also share his patriotic and romantic poetry. Watch 'India Shayari Project' on August 14 on TataPlay Theatre, and August 15 on Airtel

Spotlight and Dish and D2H Rangmanch Active

Salaar: Prabhas to treat fans with first look on Aug 15

rust Prabhas to treat his ardent fans with something exciting on special occasions. Be it festival or public holidays, the pan-India star has always revealed his character look or movie poster, much to the surprise of his fans

On the auspicious occasion of India's 75th Independence Day, Prabhas will once again treat his fans by launching the first unit from his highly anticipated movie 'Salaar'.

From the makers of one of the biggest movie franchises ever - 'K.G.F', the first unit of 'Salaar' has been hugely anticipated by the movie buffs, especially the fans of Prabhas who are excited to see their favorite superstar in a never seen before avatar.

The announcement of the first unit is all set to generate curiousity amongst the audience and will pique everyone's interests, wanting more

Starring Prabhas, 'Salaar' is produced by Hombale Films and directed by Prashant Neel (of K.G.F franchise).

Supernatural mystery thriller 'Karthikeya 2' receives praises & is a must-watch

The highly anticipated film 'Karthikeya 2' that is the sequel of the 2014 film . 'Karthikeya', seems to have swept the audiences off their feet with a gripping plot and

The film hit the theatres today, and has opened to a whooping hit. The movie is an engrossing natural mystery, thriller that revolves around Lord Shri Krishna's ornaments. It has an engaging and fresh storyline that seems to strike a chord with the audience

The adventurous concept with an amalgamation of Hindu Mythology has impressed the audiences and is something we haven't watched

It's an excellent cinematic experience for the audiences and should be the first choice for viewing this weekend. The film has released in 100 plus screens in the Hindi belt which is a rare feat and this is all due to the star cast, plot line and the audience.

The film stars Nikhil Siddharth and Anupama Parameswaran along with thespian Anupam Kher, Srinivas Reddy. Aditya Menon and Viva Harsha also play pivotal roles.

Directed by Chandoo Mondeti and produced by TG Vishwa Prasad and Abhishekh Agarwal, the film seems to captivate more audiences over the weekend. The film also has an interesting score by Kaala Bhairava and cinematography by Karthik Ghattamaneni.

Licious ropes in 'The Great Khali' for meat fest

icious, is all set to regale their customers with the biggest meat festival 'All You Can Meat Buffet', and has roped in 'The Great Khali' for the campaign.

"It is a one-of-its kind celebration of meaty delights, from August 12-18th across 28 cities. During these seven days, Licious customers will have access to over 300 products that are peppered with the best offers," the brand said in a statement on Saturday.

"Licious has tied up with 'The Great Khali' to endorse the spirit of ultimate indulgence. The Great Khali appears in print ad and Instagram reels, where he perfectly synergizes his king-size love for meaty treats with the grand scale of the festival," it said.

Prashant Verma, CRO, Licious said, "As a true blue D2C brand we have the opportunity to listen to our customers directly. It is through our nuanced understanding of customer preferences that we are able to create differentiated experiences such as this festival.'

"The Licious All You Can Meat Buffet is a larger-than-life meat extravaganza. So, when it came to the perfect representation of the idea behind this festival, The Great Khali, was our obvious choice. We wanted our customers to wake up to a campaign that would whet their appetite-literally! The Great Khali does a good job of delivering the impact with a punch and some more," added

The campaign also finds life through Danish Sait's impeccable humor and Karan Kundra's renewed love for all things chicken, through their Instagram reels.

'Shershaah' completes a year, Himanshu Malhotra feels nostalgic about it

Malhotra is seen as Major Rajeev Kapoor in Sidharth Malhotra and Kiara Advani-starrer 'Sher-

As the movie has completed an year recently, he recalls working in it and shares a few BTS moments from the sets

He says: "It's a really magical, beautiful, heartwrenching film for me. I spent almost a year shooting in Palampur, Kargil and Chandigarh. I remember article 370 was going on during that time so there was no Internet, no phone

"So all we did was have our own music jamming sessions and have our meals together. This film also introduced me to actors like Sidharth Malhotra, Shiv Pandit, Niketan Dheer who director and adds: "On the Salman whose efforts have later on became my friends. Travelling together, explor- and writer Sandeep Sriving new places through all astava were always active this has helped us create a and on their toes. Their hard lovely bond.

He also talks about his



set, director Vishnuvardhan

work is truly appreciated." "Then there's assistant

made us all comfortable. after the shooting, it was such an overwhelming experience. 'Shershaah' is a part of my legacy now. We all are working experience with the directors like Altamash and proud of it," he concludes.

The Academy calls 'Laal Singh Chaddha' a 'faithful Indian adaptation'

Aamir Khan's latest release 'Laal Singh Chaddha', which is a remake of the iconic Hollywood film 'Forest Gump', got a thumbs up from The Academy.

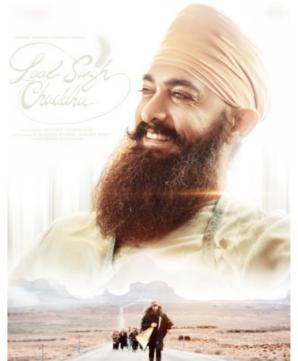
The official Twitter account of The Academy, which recognises excellence in the motion picture arts and sciences, shared a video compilation of snippets from 'Forest Gump' and the Aamir Khan-starrer.

A tweet from The Academy called the Bollywood film a "faithful Indian adap-

"Robert Zemeckis and Eric Roth's sweeping story of a man who changes the world with kindness receives a faithful Indian adaptation in Advait Chandan and Atul Kulkarni's 'Laal Singh Chaddha' feat. Aamir Khan in the role made famous by Tom Hanks," read the tweet.

The Academy's twitter handle also mention the number of Oscars nominations 'Forest Gump' had.

"1994's 'Forrest Gump' for: ac Best Actor (Tom key, Producers) ac Adapted



Hanks) ac Directing (Robert Zemeckis) ac Film Editing (Arthur Schmidt) ac Best was nominated for 13 Picture (Wendy Finerman, Oscars including six wins Steve Tisch and Steve Star-

Screenplay (Eric Roth) Released on August 11, 'Laal Singh Chaddha' also stars Kareena Kapoor Khan, Naga Chaitanya and Mona

Ayushmann on rising Covid cases: 'Nazar lag gayi hai hum sab ko'

ollywood actor Ayushmann Khurrana with a sprinkle of laughter has addressed the rising cases of Covid once again.

Ayushmann took to Instagram where he shared a monochrome picture from inside an airplane. He urged everyone to mask up and also wear a black thread on the leg to keep the evil eye at bay.

He wrote: "Inside the airplane. From the creek of the window seat 1A. It's time to mask up again. Suna hai saara Mumbai viral/cold infection se joojh raha hai. In the meanwhile can I have a glass of warm water pls." "You may put some kaali

mirch too. Kaala dhaaga bhi baandh lo haath paaon mein (wear a black thread on your leg). Nazar lag gayi hai hum sab ko. (We have the evil eye on all of us.)"

On the work front, Ayushmann was last seen on screen in 'Anek'. He will soon be seen in 'An Action Hero' and 'Doctor G'.



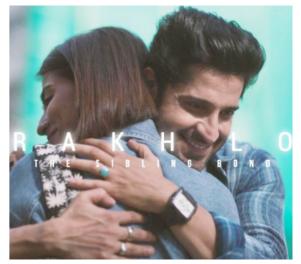
Pracheen Chauhan to be seen in a ghazal titled 'Rakh Lo'

han opens up about making his debut in a ghazal titled 'Rakh Lo'. The 'Shaadi Mubarak' actor says that shooting for this was altogether a different experience for him.

The ghazal is sung by Abhay Jodhpurkar. He says: After acting for TV and digital shows, shooting for this ghazal was altogether a very new experience for me. It was different in many ways as there were no dialogues. It was fun and I'm looking forward to shooting more for different music songs."

Pracheen reveals how he got the opportunity and adds: "Gilbert Chettiar(lyricist and the producer) approached me for this a month back . When I heard the song for the first time, I immediately connected with it. It is very soothing.

"The concept of the music video is also different from feels like a song for lovers acting projects.



but we have portrayed a very beautiful story around the sibling bond. This is my first music video ever so it holds a very special place in my heart. And I'm hoping it is able to hold a special place in the audience's hearts too.

The actor says that he's what I thought initially. It also open to taking up more

"I am always open for great work opportunities, the platform is not the criterion. If I get a good work opportunity on TV. I will definitely do it. As an actor I have always been interested in characters which drive the story and which are the most integral part of the

Raju Srivastava's family says his condition is stable

opular comedian Raju Srivastava's saying that his condition is stable.

Raju Srivastava was rushed to AIIMS believe any rumours in New Delhi after suffering a heart attack while working out in the gym. His family and friends are praying for his speedy

family on his Instagram handle they have him.' family has shared a health update informed that doctors are treating him and he is stable and asked everyone to not stand-up comedian is known

The statement reads: Raju

Srivastava Ji's health is stable and doctors are treating him. Please ignore any kind of In a recent update shared by his rumours. Kindly pray for

The 58-year-old actor and



for his performance in 'The Great Indian Laughter Challenge'. He also participated in 'Bigg Boss' and did several films such as 'Baazigar' and 'Maine Pyaar Kiya'

Urmila says no one can take their eyes off Govinda when he comes on screen

ollywood actress Urmila Matondkar feels that when actor Govinda performs on screen with her no one can take their eyes off him'.

She says: "I still remember, when I signed my first film with Govinda, I was determined to put in those extra efforts for the audience to watch me even for a second while I was dancing with him."

"This is because I feel that whenever he comes on screen, no one can take their eyes off him. I have tried a lot till date, but I couldn't succeed in getting to his level. He knows perfectly what he has to do when he is shooting as he is not just an actor or a dancer, but a performer."

Urmila, who is part of the panel of judges along with Remo D'Souza and Bhagyashree Dassani on 'DID Super Moms' will Urmila' from 2000 film 'Kunwara' with Govinda

after 22 years.



be seen grooving to her always been a huge fan the actress is, if she is dancfamous track 'Urmila Re of Govinda and I have ing next to Govinda, then watched all of his films."

"He is truly someone who will catch your eye Urmila shares: "I have and I believe no matter who

the audience will only be watching him in the song.'

'DID Super Moms' airs

Siddhant on 'Kho Gaye Hum Kahan': Bunch of cool kids making a film

ollywood actor Siddhant Chaturvedi has penned a heart-felt note as he has wrapped up shooting for his next 'Kho Gave Hum Kahan', which he calls "fun. curious and a millennial mess."

Taking to his social media. Siddhant shared a beautiful picture where he can be seen hugging his costars Ananya Panday and Adarsh Gouray with a smile on his face.

Alongside the post he wrote: "And It's a wrap! #KhoGayeHumKahan. We were young, crazy, and restless. Fun, curious & a millennial mess. It's a story about you & me, and we were justa bunch of cool kids makin' a film."

He added: "Thank you @ zoieakhtar @reemakagti1 for the best filming experiences ever. @tigerbabvofficial @excelmoviesHail!A @ariunvarain.singh Our Captn!My brother! Thank you for showing this mad faith in us.You've been timed beauty of it's own.

"My creative pillars @ without your Wit, Wohoos and WTFs!



"My Co-stars and now you guys, it was an honour." strong & vulnerable in a friends for life @ananyapanday @gouravadarsh I've only grown working along yashsahai and @sapanv It side you both. You guys are wouldn't have been possible freakin' beautiful! and lastly Dadas and Dudes. Thank

About his future lineups, Siddhant will be next seen in 'Phone Bhoot' with Katrina Kaif and Ishaan Khatter and 'Yudhra' where to the whole Cast & Crew, he takes on a heavy dose of

DC Kathua reviews working of **Cooperatives Department**

Rahul Pandey today chaired a meeting of officers Cooperatives department to review the functioning and progress of the Departmental services and the areas to work on through collaboration of different departments.

At the outset, Deputy Registrar Cooperatives Kathua presented the Cooperative Profile of the district through a powerpoint presentation

The DC took detailed review of the updated Audit position of cooperative societies, financial status of the units, besides discussing issues faced by

He underlined the need to frame a well knit strategy

culture through active

societies which are under



collaboration of different departments.

The DC directed the of-

to put up the file for reassessment of rents for properties of cooperatives rented out to different departments and stakehold-

The DC laid thrust on

the need to formulate a

prospective vision document for strengthening of cooperatives, where governmental control will be minimised and a spirit of entrepreneurship was developed on the pattern of cooperative model of Gujarat, Maharashtra, Karnataka, Punjab and Kerala. The DC urged the concerned officers to work with FPOs to modernize supply chains for production, branding and

marketing of different

targeted under One District One Product (ODOP) scheme.

The DC said that linking the products of cooperative societies with e-services and grading and certification by FSSAI will make the quality of products more effective by increasing its public outreach and expansion through online marketing and thus doubling the finances of such cooperative societies. The DC said that linking the products of cooperative societies with e-services and grading and certification by FSSAI will make the quality of products more effective by increasing its public outreach and expansion through online

Har Ghar Tiranga' Abhiyan witnesses huge public participation across Ramban

istration Ramban today launched Har Ghar Tringa Abhiyan, encouraging the people to hoist the National Flag on the rooftop of their homes to mark the 75 years of India's independence.

On the inaugural day, the 'Har Ghar Tiranga' campaign under the aegis of Azadi Ka Amrit Mahotsav witnessed huge public participation across the district.

Besides, hoisting the Tiranga on top of their homes, the Deputy Commissioner, Ramban Mussrat Islam and SSP, Mohita Sharam today flagged off a massive 'Har Ghar Tiranga' rally from the District Police Line Ramban to Ramban town.

President MC Ramban, Sunita Sumbria, DDC Councillor Rakesh Thakur, ADDC, Rajinder Sharma, ADC, Harbans Sharma, Addl. SP, Rajni Sharma, Dy. SP headquarter, Pardeep Singh, Dy. SP DAR Waqar Ahmed and various senior officers were also present on the occasion and stage proceedings were ably conducted by Raj Singh Raju.Former MLA, Neelam Langeh and other prominent citizens also participated in the rally.

The rally was organized by the Police department in which a large number of Bikers, vehicles, youth and students participated to mark the Tiranga Utsay. The rally began with the tune of the National



Anthem played by the Army Piper Band. Sharing a video on social media in which hundreds of youth took out a Tiranga march, the DC said: "This is a great collective effort by the people of Ramban, especially youth. I admire the enthusiasm towards #HarGharTiranga.

The event was appreciated by the people as it was unique in style, colourful in appearance and massive in gathering. The students assembled in chains and formed India @75, signifying seventy-five years of Independence.

Speaking on the occasion, the SSP said that the idea behind the initiative was to invoke the feeling of patriotism in the hearts of the people and to celebrate Azadi Ka Amrit Mahotsay.

National Lok Adalat: 1902 cases settled in Reasi

Under the insightful directions of Justice Ali Mohammad Magrey, Executive Chairman, JKL-SA and radiant guidance of R.N. Watal Chairman DLSA Reasi (Pr. District & Sessions Judge Reasi). District Legal Services Authority Reasi today organized Third National Lok Adalat of the calendar year 2022 in District Rea-

A total of 2031 cases were taken up for amicable settlement out of which 1902 cases were settled and an amount of Rs. 59,75,864 was realized as settlement amount.

Five Benches for settling the referred cases constituted. The Bench No.1 consisted of R.N. Watal, Pr. District & Sessions Judge, Reasi, Rekha Kapoor Nischal, Secretary, District Legal

Services Authority, Reasi and Senior Advocate K.K. Dubey, District Court Complex, Reasi.

The Bench No.2 consisted of Sudesh Sharma, Chief Judicial Magistrate (Sub-Judge), Reasi, and Advocate Pawan Khajuria, President Bar Association, Reasi.

The Bench No. 3 comprised of Priyanka Mahajan, Additional Mobile Magistrate, Reasi, Advocates Rashi Baru, and Shazia Punjabi, District Court Complex, Reasi; while the Bench no.4 comprised of Manoj Kumar Parihar, Sub Judge, Katra, Sandeep Sen, Munsiff, Katra and Advocate Akhil Prashar, President Bar Association, Katra and Bench No. 5 consisted of Mahavir Singh, Munsiff, Mahore, Abdul Gani Bhatt, President Bar Association, Mahore and Advocate S.S

The matters placed before the Benches included Civil, Criminal Compoundable, Cheque Bounce, Recovery mat-ters, MACT, Matrimonial, Public Utility Services. Pre- Litigation matters and also Traffic challans. The Bench No. 3 comprised of Priyanka Mahajan, Additional Mobile Magistrate, Reasi, Advocates Rashi Baru, and Shazia Punjabi, District Court Complex, Reasi; while the Bench no.4 comprised of Manoj Kumar Parihar, Sub Judge, Katra, Sandeep Sen, Munsiff, Katra and Advocate Akhil Prashar,

President Bar Associa-

tion, Katra and Bench No.

5 consisted of Mahavir

Singh, Munsiff, Mahore,

Abdul Gani Bhatt, Pres-

ident Bar Association,

Mahore and Advocate S.S.

Sahni, Tehsil, Mahore.

illegal occupancy so that

the eviction process can be

initiated at the earliest.

Tiranga Yatra organized in Jammu by KVIC, ITBP & DHSS

Faroog Rather

Jammu,13-Aug; Ahead of India celebrating 75th year of Independence as Azadi ka Amrit Mahotsav. Under Har ghar Tiranga campaign, today Khadi & Village Industries Commision State Office Jammu organized a Tiranga Yatra in collaboration with ITBP troops & Dogra Higher secondary school. The rally initiated from Dogra Higher secondary school and moved from Dudhadhari chowk and finally culminated at Khadi & V.I commission's State office at Sanjay Chowk Shastri Nagar. Around 250 students from Dogra Higher Secondary school participated in this Tiranga Yatra along with Surender Singh 2 IC ITBP ,Asst. Commandant Mahipal Singh & ITBP Khadi Institutions/artisans, SP Khandelwal State Director KVIC, Anil Kumar Sharma (Principal/Assistant



Director KVIC) staff & General Public. On this occasion, State Director KVIC State Office Jammu SP Khandelwal shared the message that since India is celebrating 75th year of Independence and to mark the relevance of this occasion State Office decided to take out a Tiranga Yatra to spread the message of har Ghar Tiranga. Surender Singh 2 IC ITBP, shared that since India got independence after lot of struggle and we should value it and try to preserve this with the best of our efforts.

IRP-7th Bn hosts Tiranga rally, interactive session with students to celebrate Azadi ka Amrit Mahotsav"

JAMMU, AUGUST 13: As part of the "Azadi Ka Am-lit Mahotsav", India, IRP-7th Bn. held an interactive session with the students of Government Middle School Nardhani-Nadwal and Government Primary School Sajwal which was co-Presided by Kuldeep RaJ, BDC Chairman Bhatwal and Farooq Qaiser, Dy. Commandant IRP 7th, Bn. A Tiranga Rally comprising Students, teachers and Police officers/officials was also taken out at Battalion Headquarters Kot Bhalwal (Seri)) Jam-

The programme started with the playing of the National Anthem after Police officers/guest speakers held interaction with students. The students were informed about India's great history and her freedom struggle so as to inculcate a sense of patriotism' nationalism and brotherhood among them during their formative

A cultural programme was also presented on the occasion to celebrate the diversity and unity of our great nation.

As part of "Har Ghar Tiranga" campaign, the students and other participants were provided National Flags to enable them to hoist the Tricolour at their homes. Gifts were also presented to the students on occasion. which was followed by a rally of participants holding National Flags in their

An oath of unconditional allegiance, unquestioned loyalty, national pride and mutual respect was also administered to the participants by Dy. Commandant, Farooq Qaiser. In his address, he exhorted the participants to value the freedom which we have been able to achieve after so many sacrifices and being maintained at the cost of so many precious lives. He also stressed upon the need for preserving our

national unity and com munal harmony, besides paying tributes to all the martyrs, particularly of Jammu and Kashmir Police who have paid back with their lives in the last over 30 years of our fight against terrorism.

The programme ed with lunch at the Bn Hgrs.

Others present and spoke on the occasion included Partap Singh, Sarpanch Gharota; Shivdev Singh, Sarpanch Ghaink and teachers of the participating schools. An oath of unconditional allegiance, unquestioned loyalty, national pride and mutual respect was also administered to the participants by Dy. Commandant, Farooq Qaiser. In his address, he exhorted the participants to value the freedom which we have been able to achieve after so many sacrifices and being maintained at the cost of so many precious lives

BJP Minority Morcha In Collaboration with "Wings Ek Udaan" **Holds Bike Rally In** Jammu

Amir Iqbal Khan

Jammu, Aug 13:A Bike rally was ganised by Bhartiya Janata pai ty Minority Morcha under the leadership of its spokes person Fareed Ahmed Fani in collaboration with "Wings Ek Udaan" members with the campaign" Har Ghar Tiranga' as part of "Azadi ka Amrit Mahotsav" marking 75th year of India's independence here on Saturday.

The campaign started from Rehari

Colony covering Dogra Chowk, Bikram Chowk Gujjar Nagar and other city areas which finally culminated at Parade ground Jammu. Bikers in the rally passed through main roads of the city chanting slogans "Bolo Bharat Mata ki Jay" and "Vande Mataram". The national tricolor flags were installed on the bikes during the rally. Speaking on the Occasion, Fani said that Prime Minister Narendra Modi's "Har Ghar Tiranga" campaign initiative ahead of the 75th independence Day is an appeal to the citizens to

Full dress rehearsal held across Jammu Division with patriotic zeal Div Com unfurls Tricolour, inspects Parade at MA Stadium ege

JAMMU, AUGUST 13: The district administrations Saturday conducted full dress rehearsal across Jammu Division witnessing impressive Parades and a colorful cultural

culture of the Country. At Jammu: The full dress rehearsal for 75th Independence Day celebration was held in M.A Stadium where Divisional Commissioner Jammu Ramesh Kumar inspected the parade in an open jeep, hoisted the national flag and took the salute from the contingents of District Police, CRPF, JKAP, NCC and students drawn from

programme depicting the

rich heritage and diverse

different schools. Deputy Commissioner Avny Lavasa; ADC, Satish Sharma; Joint Director Information, Sapna Kotwal, ACG Rakesh Dubey, besides heads of different departments and senior officers were also present on

A scintillating cultural bonanza depicting patriotism, culture and message against the social evils was also presented by the school Children.

The Students from different government schools of Jammu city and its peripheries participated in the variety cultural show to be presented on the occasion of Independence Day celebrations. At Samba: The Full dress

rehearsal for Independence Day (ID) was held at Rani Suchait Singh Sports Stadium, Arazi amidst fanfare, enthusiasm and patriotic zeal. The event saw participa-

tion of a large number of locals with due adherence to Covid SoPs

The National Tricolour was hoisted by Additional Deputy Commissioner, Suram Chand Sharma at 0855 hours, followed by inspection of the parade.

In his address, the ADC outlined the achievements and challenges of District Samba. He also recalled the sacrifices of the Martyrs and freedom fighters which fetched India independence. He threw light in 'Azadi ka Amrut Mahotsav' being celebrated to recount achievements of 75 years of Independence. He further urged the participants to make the Har Ghar Tiranga program a

The Full Dress Rehearsal witnessed a colorful cultural show presented by the students featuring singing of patriotic songs, folk dance and music.

Earlier, as many as 15 contingents from Govt/ pvt Schools and police and para- military including NCC/ NSS & Army band participated in the Pa-

Senior Superintendent of Police Samba, Abhishek Mahajan, ACR, DIO, CPO,

DYSSO, CEO besides other District and Sectoral Officers were also present.

At Kathua: The full dress rehearsal for 76th Independence Day was held in Kathua at Sports Stadium where contingents of Police, CRPF, Army, NCC cadets presented an impressive parade.

The rehearsal started with hoisting of National Flag by Deputy Commissioner, Rahul Pandey followed by inspection of the parade.

In his address, the Deputy Commissioner greeted people on behalf of district administration

The DC highlighted the achievements registered by Kathua District during the current financial year mentioning maiden initiatives of roping in technological intervention in Agriculture and resumption of sustainable agriculture activities in border areas. The DC appreciated the relentless efforts of health, police, and employees of different departments for smooth and successful conduct of Amarnath Ji Yatra, which resumed after a gap of two years.

While remembering the contributions of the eminent freedom fighters, the DC said "It is our duty to safeguard the hard fought independence by doing our duties with utmost honesty and dedication."

On the occasion, a scintillating cultural programme featuring patriotic songs, folk music and dance was presented by school and

college students. SSP Kathua, R.C Kotwal, ADC Atul Gupta besides other senior officers of district administration were present on the occasion.

At Doda: The Full dress rehearsal in connection with the celebration of Independence day 2022 was held at Sports Stadium

Additional Deputy Commissioner, Dr R K Bharti, after inspection of the parade took salute at the march past of contingents drawn from the JKP, IRP 5th Bn, CRPF, SSB, FPF, School children, NCC Sr and Jr wing and District Police band.

The ADC Doda briefly highlighted the relevance of the National festival and said that this year India is celebrating 75 Years of independence. He also paid homage to the freedom fighters, who laid down their lives for India's independence.

Besides, he expressed hope for better coordination among all the quarters in making the National event a grand success.

SSP Doda, SP Operations, CEO Doda, Dy SP DAR, and other senior officers of Police and Civil Administration were also present on the occasion.

GDC Ukhral hosts series of events to celebrate Azadi Ka Amrit Mahotsav

Government Degree College Ukhral, in collaboration with RR Unit Ukhral of Indian Army, organised a series of events to commemorate the 75th Year of Indian Independence under Azadi Ka Amrit Mahotsav. In the first event a patriotic film i.e "Border" was screened for the students of the College with the aim to inculcate the value and spirit of Indian Nationalism and Patriotism. Around 150 students participated and watched this patriotic film. Principal of the College Prof. (Dr.) Ranvijay Singh, in his inaugural address, exhorted the students to develop a sense of patriotism and belonging towards the Nation

host the tricolour.

In another event, "Har Ghar Tiranga" campaign under "Azadi Ka Amrut Mahotsav" was organised in the main Market of Ukhral to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of independence. The idea behind the initiative was to invoke the feeling of patriotism in the hearts of people and to promote the awareness about the importance and value of the Indian National Flag. NSS Unit of GDC Ukhral

distributed National Flags amongst the students of the college.Principal of the college Prof (Dr) Ranvijay Singh apprised the students about the importance of Indian National Flag and motivated them

to inculcate the feeling of Patriotism and Nationalism. All faculty members of the college also actively participated in the program and joined around 170 students in the Tringha Rally. In the first event a patriotic film i.e "Border" was screened for the students of the College with the aim to inculcate the value and spirit of Indian Nationalism and Patriotism.Around students participated and watched this patriotic film. Principal of the College Prof. (Dr.) Ranvijay Singh, in his inaugural address, exhorted the students to develop a sense of patriotism and belonging towards the Nation. In another event, "Har Ghar Tiranga" campaign

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Red Ribbon Club Of GDC Bhadarwah Celebrates International Youth Day

Amir Iqbal Khan

Bhadarwah, Aug 13:Red Ribbon Club of Govt. Degree College Bhadarwah celebrated the International Youth Day on Friday. The programme was organized in collaboration with J&K AIDS Control Society (JKACS), Health & Medical Education Department and J&K Higher Education Department to commemorate the 75th Year of "Azadi ka Amrit Mahotsav". Principal of the college Dr Kuldeep Kumar Sharma congratulated all the staff members and students of the college who actively participated in the function. The proceedings of the programme were conducted by Dr. Sandeep Kotwal, Nodal Officer Red Ribbon Club GDC Bhadarwah. He briefed the students about the importance of celebrating International Youth Day which offers younger generations to achieve the Sustainable Development Goals (SDGs) with overall development of the Nation.Prof Surinder Parihar, NSS Coordinator formally welcomed all the participants and informed them the 2022 theme "Intergenerational solidarity creating a world for all ages" Speaking on the occasion, Prof Pin-

ki Kotwal expressed her views and stressed on the importance of youth to work in positive atmosphere for making the Nation stronger.

Prof Bekham Pal Singh cautioned the students about the impact of Drug abuse and HIV/ AIDS and guided all the audiences how to tackle the younger generations so that they do not fall prev to the hostile conditions.

A large number of students and staff participated in the poster making and extempore speeches. In poster making competition the first prize was bagged by Samiksha Kotwal of UG Sem 4th, 2nd prize was won by Sonika Sharma while 3rd position was secured by Payal Manhas. Shalini Kotwal was given consolation prize. The participants of the program were presented with the Certificates of Appreciation besides refreshment. Prominent among those who were present on the occasion included Prof Manjeet Charak, Prof Sanjay Kumar, Prof Rahul Uttam, Prof Sangeeta Thakur and Dilveer Singh.

DIPR organises cultural programme in Unique High School Rehari

JAMMU, AUGUST 13: Cultural Wing of Department of Information and Public Relations today organized a cultural program on Azadi ka Amrit Mahotsav, here at Unique High School Rehari Jammu. Principal of the School, Mrs. Baby was the chief guest on

the occasion. Artists of Cultural Wing Jammu and students of the school presented a scintillating cultural programme featuring

Dogri, Hindi and Punjabi songs which were highly applauded by the audience. The Principal urged the In-

formation Department to organize such programmes in future also. Artists of Cultural Wing Jammu and students of the school presented a scintil lating cultural programme featuring Dogri, Hindi and Punjabi songs which were highly applauded by the audience.

FROM THE FRONT PAGE...

DIV COM

Meanwhile, Artists of cultural academy and other troupes besides, students performed colorful cultural programmes amid the national Patriotic Songs and local popular songs which enthralled the audience and invoked huge applause. Among others present were Deputy Commissioner Srinagar, Mohammad Aijaz Assad; senior Police Officers, Head of Departments of all line departments, students, media persons besides officers of CRPF and other security

At Baramulla: The Additional District Development Commissioner (ADDC), Baramulla, Aijaz Abdullah Saraf unfurled the tricolor, took the salute at the march-past presented by the contingents of JKP, JKAP, CRPF, SSB, Home Guard and students of various schools and inspected the parade at District Police Lines, here.

The ADDC expressed satisfaction over the arrangements made by various departments for the hassle free celebration of the national event at the venue.

At Anantnag: The Additional Deputy (ADC) Anantnag, Gh. Hassan Sheikh today unfurled the national flag, inspected the parade and took salute at the march past presented by the contingents from CRPF, J&K Police, Home Guards, NCC and school Childrens at GDC Boys Khanabal, here

Addressing the gathering, the ADC highlighted efforts and achievements made by the district under various priority areas including education, healthcare, languishing, back to village, district capex, agriculture and allied sectors, women and youth empowerment, MGNREGA, JJM, water and electricity supply to Anganwadi Centres and schools, rural development, macadamisation and road connectivity, social welfare, Nasha Mukt Bharat, industries, self employment and creation of durable and sustainable assets. At Budgam: The Additional District Development Commissioner (ADDC), Budgam, Dr Akramullah Tak today unfurled the tricolor, inspected the parade contingents and took salute at the March Past, presented by contingents of JKP, JKIP, CRPF, Home Guard, NCC and school students at the Sports Stadium, here.

During his address, the ADDC paid rich tributes to the martyrs and highlighted the role and sacrifices of freedom fighters for India's Independence.

On the occasion various cultural programmes were presented by artists and school children.

Similar Rehearsal functions were also held at all SDM and

Tehsil Headquarters. At Ganderbal: The Deputy Commissioner (DC), Ganderbal, Shyambir unfurled the tricolor, inspected the parade and took salute at the march-past presented by the contingents of JKP, JKAP, CRPF, ITBP, PTS Manigam, SPO Ganderbal, District Police, Home Guard, NCC and students of various schools at Qamariya Ground, here.

The DC expressed satisfaction over the arrangements made by various departments for the hassle free celebration of the national event at the venue.

At Pulwama: The Additional District Development Commissioner (ADDC), Pulwama, Dr Ab Aziz Sheikh today hoisted the National Flag and took salute at the march past comprising contingents from CRPF, District Police, JKP Womens wing, Home guard and school children from various educational institutes at District Police Lines.

Speaking on occasion, the ADDC highlighted various developmental works and achievements of the district particularly the establishment of AIIMS and IUST in the district.

officers from Police and civil administration, school children and a large number of people were present on the occasion.

Similar function was held at DPL Awantipora where ADC Awantipora M. Zaffer Shawl hoisted the flag and took salute at the march past presented by the contingents of

JKAP, JKP, CRPF, NCC cadets and school children. At Shopian: The Additional Deputy Commissioner (ADC) Shopian, Mushtaq Ahmed Simnani unfurled the National Flag and took salute at the March Past presented by the contingents of CRPF, JKP, Forest Protection Police, Fire & Emergency, Home Guard and contingents of various

school children at District Police Lines (DPL), here. Addressing the gathering, the ADC said that after independence the nation has achieved the highest goals of success in every field of development. He enlisted various projects that were executed in the district in different sectors viz. health, education, R&B, JJM, KPDCL, RDD etc and said that the district has recorded splendid achievements on

multiple fronts. At Kulgam: The Additional District Development Commissioner (ADDC) Kulgam, Riyaz Ahmad Sofi today unfurled the National Flag, inspected the parade and took salute at the march past presented by the contingents of J&K Police, CRPF, Women Police, Home Guard, Police band, students from schools and other contingents at District Police Lines

Speaking on the occasion, the ADDC congratulated the people and highlighted the developmental scenario of the district and achievements recorded under various schemes and sectors in the district.

At Kupwara: The Additional Deputy Commissioner (ADC), Kupwara, Ghulam Nabi Bhat hoisted the National Flag, inspected the parade and took salute on March-past presented by contingents of JKP, IRP, CRPF, FPP, JK Home Guards, Police Commandos and school children at District Police Lines, here

ASP Kupwara, ACD, ACP, CEO, CMO, DYS&SO and DIO besides District officers and officials were present on the

Addressing the function, the ADC congratulated the audience on the eve of celebration of 76th Independence Day. He said that District Administration is committed for holistic development and enlisted developmental activities and achievements.

Full dress rehearsal functions were also held at Handwara, Karnah and Sogam sub divisions.

At DPL Handwara, ADC Handwara, Nazir Ahmad Mir hoisted the National Flag and took salute at the March past. Cultural programmes were also held on the occasion. At Karnah, SDM, Dr.Gulzar Ahmad Rather hoisted the tricolour and took a salute on the March past. Cultural programmes were also held on the occasion.

At Bandipora: The Additional District Development Commissioner (ADDC) Bandipora, Afsar Ali Khan today hoisted the National Flag, inspected the parade and took the salute at the march past comprising contingents of CRPF 3rd battalion, J&K Executive Police, J&K- IRP, J&K Fire and Emergency, SPOs, Home Guard, NCC, Students from various schools followed by police Band Group at S.K Sta-

Speaking on the occasion, the ADDC appreciated and congratulated all the participants and organisers of Tiranga Rallies across the district. He also appreciated the efforts of all concerned who played their role in successful and peaceful completion of Shri Amarnathji Yatra.

Full dress rehearsal function was also held at Mini secretariat Bandipora where Additional Deputy Commissioner Bandipora, Waseem Raja hoisted the flag.

All the blocks of district also witnessed full dress rehearsal function besides functions at Sub Division Sumbal and

LG

districts of Kashmir. There is no coercion," he said. "In Pulwama, 10,000 youth with Tiranga in arms shouting 'Bharat Mata ki Jai'. This is happening without any coercion and by the will of youth," he said. He said the Prime Minister in August 2019 bestowed the UT with a gift of a new dawn of development and prosperity. "For 70 years, the socio-economic system of Jammu and Kashmir was facing a serious crisis and in the last three years, the UT has achieved great strides in the direction of reducing the gap between villages and cities that had only widened in the last seven decades," L-G Sinha said. The Lt. Governor said that it was our sacred obligation to defend every inch of the motherland and even if we have to sacrifice everything. "We shall be ready," he added. He said some people, at the behest of the neighboring country, were trying to create disturbance in J&K. "The neighboring country, which itself is living in misery, can't do any good to the people of J&K," the Lt. Governor added. He said peace was a prerequisite for development. "People wearing dark glasses can't see development taking place in J&K. A record one crore tourists visited J&K this year. Srinagar airport saw 110 flights operating in a day," he added. Sinha said no civilian was killed in security force's firing in the last three years. "We are following the policy of don't touch innocent people and don't leave the culprit," he added Meanwhile, BJP spokesman Altaf Thakur said the party office in Kashmir office was flooded with people taking flags. The office distributed 20,000 flags in a day among citizens belonging to all districts of the Valley. This is a big slap on the face of those opposing the 'Har Ghar Tiranga' initiative," Thakur said.

TRABUTE

Remembering the contributions of Maqbool Sherwani, the Lt Governor said, in October 1947, this young man fought the barbaric atrocities perpetrated by the Pakistani government and its army and protected the pride of the tri-

The Lt Governor also recalled the Sikh heroes led by Lt Colonel Diwan Ranjit Rai who had set a unique example of dedication, valor and devotion to duty in protecting every inch of the land of Jammu and Kashmir.

All sections of the society should work together to build a strong and peaceful J&K which is economically, socially and culturally rich, to fulfill the dreams of our forefathers, Lt Governor said.

I also salute the sacrifices of our forefathers who kept our flag flying high and ensured our journey on the road to progress was uninterrupted. Youth must take the inspiration from ideas and ideals that shaped our destiny to face the challenges of the future, the Lt Governor said.

The Lt Governor said, today, J&K is marching ahead towards peace, development and prosperity only because of the sacrifices made by our security personnel, brave hearts like Maqbool Sherwani and their families.

We are on a threshold of a new era in J&K. Let us work together to make history and ensure our rightful place in Aatma-Nirbhar Bharat Abhiyan. We must work shoulder to shoulder to build a prosperous Jammu Kashmir, he further added.

The Lt Governor observed that the historic turn of August 2019 instilled a new confidence in the people of Jammu and Kashmir. In the last three years, we have overcome many obstacles and difficulties and made new achievements by breaking the restrictions and anti-development laws acting as a hindrance in the path of progress.

Highlighting the developmental scenario in the district, the Lt Governor observed that in Baramulla district, the government had set a target of completing 1038 projects last year but completed 1082 projects, more than the target. This year in the District Capex budget, Baramulla has been alloted Rs 1515 crore and work is going on in 1520 projects. Thousands of projects are also being completed under the Central Sector Scheme which will create a better future for the common citizens, he added.

Reiterating that peace is the pre-condition for progress. the Lt Governor said that terrorism and hatred have no place in a civilized society that believes in 'Vasudhaiva Kutumbakam' and it is the responsibility of the people to teach a lesson to those who want to weaken this spirit.

On the occasion, the Lt Governor also laid the foundation stone for the up-gradation project at Government Medical College, Baramulla at a cost of Rs 30 crore, besides dedicating Kalayban Bridge to the local population, catering to the needs of around 4,000 people.

The Lt Governor said that, in Azadi Ka Amrit Mahotsav, every person has to take a pledge to stand up against the forces that weaken the country. Let us all together ensure the participation of every citizen in the development process and bring back those who have gone astray back in the mainstream, he further asserted.

The Lt Governor extended his special greetings and gratitude to the members of the military, paramilitary forces and Jammu and Kashmir Police who are working day and night in maintaining peace and guarding the borders.

TERMINATED

Muheet Ahmad Bhat, Scientist-D in Post-Graduate Department of Computer Science, University of Kashmir; Majid Hussain Qadri, Senior Assistant Professor, Department of Management Studies, University of Kashmir

Syed Abdul Mueed was Manager, IT, JKEDI and Assabah-ul-Arjamand Khan, a KAS officer was DPO, Publicity, Directorate of Rural Development, Kashmir

An official statement said Bhat has been found involved in propagating secessionist-terrorist agenda in University of Kashmir by radicalizing the students for advancing the programme and agenda of Pakistan and its proxies.

It said Qadri, has a long association with terror organizations that includes Lashkar-e-Taiba. He had been earlier booked under Public Safety Act and is figuring in a number of FIRs registered u/s 302, 307, and 427, 7/27 RPC relating to various terror related cases.

Syed Salahuddin's son has been found having role in three terror attacks on JKEDI complex at Sempora in Pampore and his presence in the Institution has increased sympathy with the secessionist forces, it added.

Assabah-ul-Arjamand Khan has been found involved in providing false information for seeking passport. She has been found having links with foreign people who have been indexed by the Indian security and intelligence to be on the payrolls of the ISI. Her involvement in ferrying consignment of money for funding anti-India activities in Jammu and Kashmir has also been reported, the state-

Under the Article 311 provisions government employees can be dismissed when the President or the Lt Governor is satisfied that in the "interest of the security of the state it is not expedient to hold such an inquiry.

The only available remedy to terminated employees is to challenge the government's decision in the High Court. Peoples Conference President Sajad Lone registered his disagreement over the sacking.

"Every citizen of India has his or her own rights. A son cannot be held responsible for his father or wife for her husband or a father for his son. Sad - that kinship is used as a justification to sack people. This simply is not good. In all humility I register my disagreement," Lone said.

RURAL AREA

empowering the rural women entrepreneurs. The Mission is also providing national market to the local products. The launch of 75 home stays with OYO Hotels & Homes will prove to be a milestone in the pursuit of social equality, social justice and social security, he added.

The partnership with OYO and the launch of Tourist Village Network, in which Mission Youth has selected 75 such villages under both the Jammu, and Kashmir divisions, known for their unique landscape, cultural diversity and heritage value will go a long way in expanding the tourism ecosystem to rural areas of UT, he added.

It was informed that the affordable tariffs offered by the OYO home stays will cater to a better and immersive traveling experience. The Home stays have all the basic room amenities, great views, and provide an opportunity for travelers to experience beautiful rural landscapes and nature in its truest form.

Identified on the parameters of scenic beauty, landscape, cultural diversity and heritage, the 75 new home stays are located at Udhampur, Poonch, Doda, Kathua and Kishtwar districts of Jammu and Anantnag, Baramulla, Bandipora and Srinagar districts of Kashmir valley

Pertinently, Jammu and Kashmir Rural Livelihood Mission recently organized a workshop for home stay owners in Srinagar on August 1 and 2, 2022. A similar workshop is going to be held in Jammu on August 16 and 17, 2022 for home stay owners.

OYO has partnered with Jammu and Kashmir Rural Livelihood Mission (JKRLM) to offer end-to-end solutions that would transcend beyond just listing of home stays on its platform. It includes identification of the homes, their audit, transformation and civil work, transfer of technology, training of homestay owners, branding and marketing etc., it was informed.

COVID

results available, 473219 samples have tested positive and 25817343 samples have been tested as negative till date. Besides, 12,470 COVID tests have been conducted in last 24

Till date 6699951 persons have been enlisted for observation which included 131 persons in home quarantine including facilities operated by government, 4579 in isolation and 327in home surveillance. Besides, 6690137 persons have completed their surveillance period.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 212 cases, Baramulla reported 110 cases. Budgam62 cases, Pulwama reported 16cases, Kupwara reported62 cases, Anantnag reported24 cases, Bandipora reported 16 cases, Ganderbal reported 14 cases, Kulgam reported 27cases while as Shopian reported 02 fresh cases

Similarly in Jammu division, Jammu reported 42 cases Udhampur 03, Rajouri 05, Doda 02, Kathua 03, Samba 01, Kishtwar 13, Poonch02, Ramban05 while as Reasi reported 01 fresh case for today.

ARMY CHEIF

72-ft-high tricolour was hoisted by the people of Keran along the LoC in the presence of Lt Gen Dwivedi and Lt Gen Aujla, the spokesperson said.

On the occasion, a cultural program was also held that saw the participation of schoolchildren, he said.

The 'Rashtriya Salute' by the ceremonial guards of the Indian Army, the Border Security Force (BSF) and the Jammu and Kashmir Police was a befitting display of conjoined effort of security forces in Kashmir. Lt Gen Dwivedi appreciated the efforts of all those involved in the installation of the national flag, he added.

During the day, Lt Gen Dwivedi interacted with and felicitated five civilians at the Chinar Corps headquarters for efforts undertaken by them to promoting peace, happiness and empowerment initiatives.

Those felicitated are Mehraj Khurshid Malik from Srinagar, Arshid Rasool from Srinagar, Jameela Begum from Kupwara, Sahil Muzaffar from Sopore and Mir Mehak Farooq from Kulgam.

Later, Lt Gen Dwivedi also interacted with police and civil officials. He appreciated the steps being taken by all agencies for the maintenance of peace in Kashmir and ensuring its development, the spokesperson said.

RED FORT

fied patrolling and anti-sabotage checks. Hotels, guest houses, parking lots and restaurants are being checked and verification of tenants and servants is being carried out, the officials said.

The police had on July 22 issued an order prohibiting the flying of aerial objects such as paragliders, hang gliders and hot air balloons, and this will remain in force till Au-

National Handloom Day was celebrated at Leh, Ladakh.

DR.AB QAYOOM

Leh, Aug, 13: National Handloom Day was celebrated and organized by NABARD at Shangrila Hotel Conference Hall Leh, Ladakh. The programme was jointly organized by Directorate of Industries and Commerce, SKUAST-Kashmir and NGO Tata Trust; in which different stakeholders, Director Planning, SKUAST-K, Dr. H.R. Naik, galaxy of male and female artisans and weavers, Managers, Programme Coordinator KVK Nyoma the Chief Guest and Dr. Dil Mohammad Makhdoomi, Director Extension SKUAST-K was the Guest of Honor. During this programme different stake holder, handloom weavers, Bank Managers, KVK Nyoma Programme coordinator Dr. Jigmet Yangchan was present.

Mr Tsewang Dorje DDM Leh briefed the activities taken up under Skill Development under Handloom through NABARD in the Cold arid region. Beside that Director Extension SKUAST-K appreciated the NABARD team and also explained the importance and utility of Animal Wool especially Pashmina Goat, Yak, double humped camel, changthani sheep and pleaded for its quality improvement. He also request to NABARD to provide project to weavers so that they can do with the market by getting their handloom products branded, Geo tagged and getting

presentable packaging to boost their business. Mr Laksha Singer also focused to recognize the Handloom work and support "NABARD" played an important role in this sector. In last NAB-ARD felicitated all master weavers and trophies were presented to them to boost up their Skill in the field of Handlooms

"Har Ghar Tiranga" Campaign by Drugs and Food Control Organisation Doda

Amir Iqbal Khan



Bhadarwah,13:Drug and Food Control Organisation district Doda today organised "Har Ghar Tiranga" campaign. The employees & staff members of Drugs & Food Control Organisation District Doda participated in the Campaign of "Har Ghar Tiranga" under the aegis of "Azadi ka Amrit Mahotsav"to encourage the people to bring Tiranga Home & hoist it to mark this momentous occasion.

In this connection, the staff of the organisation hoisted the the National Flag on the top of the Office Building at Durga Nagar Doda .The staff members headed by Taraq Ahmad Butt, Assistant Commissioner Food Safety District Doda expressed his commitment to encourage people to bring Tiranga home & hoist it to mark the 75th year of Indias Independence. "Our relationship with the flag has always been important & institutional than personal. Bringing the Flag home collectively as a Nation on the 75th Independence thus, becomes symbolic of not only an act of personal connection to the Tiranga but also embodiment of our commitment to Nation building," Assistant Commissioner said and added that the objective behind the initiative is to invoke the feeling of patriotism in the hearts of the People & to promote awareness about the National Flag of the Nation.

NEWS HEADLINES TODAY

TIRANGA MOTORCYCLE RALLY AZADI KA AMRIT MAHOTSAVA (AKAM) & HAR GHAR TIRANGA (SPREADING AWARENESS ABOUT NATIONAL FLAG)

SURANKOTE : As part of its social responsibility and to commemorate 75 "Years of Independence (Azadi ka Amrit Mahotsava), Rashtriya Rifle Battalion of Counter Insurgency Force (ROMEO) organised Flag Hoisting function & a Bike Rally from ALG, Surankote to Berhamgala. The aim of the event was to create awareness among the locals from the remote comers about the significance of this Independence Day, to instill in them a sense of pride as Indian Citizens and to strengthen the goodwill of Indian Army. The event also aimed to spread awareness about the national flag & instilling a sense of belongingness with national symbols / signs. Event was celebrated in a friendly and blissful environment with patriotic fervour, which was attended by selected bike riders. A total of 76 riders

Rashtriya Rifles Battalion conducted a lecture on 'Role of Youth in Nation Building'

Surankote: Rashtriya Rifles Battalion under the aegis om Headquarter Counter Insurgency Force (ROMEO) conducted a lecture on 'Role of Youth in Nation Building' on 13 Aug 2022 at Marhot . The lecture aimed to educate the youth about the role in the society to take decisions on their own for their personal as well as social benefits. They were addressed that it is beyond doubt that given the right opportunities and proper environment, youth have excelled in different spheres of life. Lecture also stressed on the need to create suitable conditions to facilitate and encourage the youth to have full, active and unhindered participation in social, economic, political and public life so that their potential is realised fully for the benefits of the society. Youth's active participation in decision making has a positive impact on education, health, nutrition, employment and social protection. Positive role of youth has a multiplier effect not only on their own lives but also on the family and the society. The event was also utilised to impart awareness about the Tiranga flag and action required to be taken to give genesis to an informal relation with national symbol and not merely restricted to symbolic or institutional events. The event commenced with the flag hoisting as part of 'Azadi Ka Amrit Mahotsav' & 'Har Ghar Tiranga' campaign. The event was highly appreciated by the attendees and further enhanced the nation building image of Indian Army . A total of 74 youths & locals

Army Organises Volunteer Blood Donation Camp At Dul Kishtwar

Amir Iqbal Khan





Bhadarwah, Aug 13:In continuation to the series of activ ities being organised in the run up to commemorate 75th year of Independence, the initiative under the aegis of Azadi Ka Amrit Mohatsav, Indian Army organised a "Volunteer Blood Donation Camp" in Dul, Kishtwar. State-ofthe-art model blood bank at Kishtwar facilitated successful conduct of the camp. 17 Rashtriya Rifles (MARATHA LIGHT INFANTRY), in order to ensure adequate blood supply at the local Kishtwar Hospital, organised this Blood donation Camp. The assistance provided to the state medical authorities is believed to help them in a big way to deal with the shortage of blood and provide effective medical treatment to the emergency medical cases. A total of 15 blood donors from Army participated voluntarily and enthusiastically in the blood donation camp.

It is worthwhile that the Indian Army has been at the forefront of all Nation Building activities and this noble gesture of Indian Army was well appreciated by the civil administration and staff of District Hospital.

DAK urges people to donate organs on world organ donation day

Srinagar, Aug 13: On World Organ Donation Day, Doctors Association Kashmir (DAK) on Saturday urged people in Kashmir valley to come forward for organ donation and

"There is a dire need to create awareness among the people about the importance of organ donation," said DAK President Dr Nisar ul Hassan. Dr Hassan said organ donation is one of the greatest medi-

cal gifts to humanity. It transforms death into life. "Many lives can be saved through organ donation," he The DAK President said even though the success of living

(deceased) organ donation has changed this scenario as each donor will give a new lease of life to 8 patients. "Despite legal and religious support for organ donation, people in the valley are not responding, as a result of

donor transplantation has saved many lives, cadaveric

which precious lies are lost," he said. World organ donation day is observed every year on August 13 to sensitize people about the noble cause of organ

donation so that more people volunteer for the same. "Organ donation is the process when a person allows his/ her organ to be removed and transplanted to another person, while the donor is alive or dead with the assent of the

next of kin," said Dr Nisar. "Some organs and tissues can be donated by living donor such as a kidney or part of the liver, but most donations occur after the donor has died," he said

"Common transplants include kidney, liver, heart, lung, pancreas, intestines, skin and cornea," he added. General Secretary DAK Dr Arshad Ali said Kashmir has only one transplant unit at SKIMS which is involved in

live related kidney transplantation. Cadaveric transplantation is not being done as there are no donors "There are no other organ transplantation facilities in the

valley," he said.



Inauguration ceremony of Shopping Mall in Presence of Actor Prosenjit Chatterjee at Ghatal i n West Midnapore, Aug 12, 2022. H.T.Photo SOURAV DUTTA

India's UN vote based on own interests: Jaishankar

Bengaluru, Aug 13 (UNI) India's interests made the country vote the way it did in the United Nations on the Russia-Ukraine conflict, External Affairs Minister S. Jaishankar said on Saturday.

"I will be driven on this by my interest, my experience, my thinking and I will not allow other people's mind games to take me off my course, he said replying to a query on New Delhi's decision to abstain from the UN in his interaction with the PES University students.

The decision was taken keeping in view India's interests based on its strategic view of the world and other factors including its experiences with Russia."We have taken a certain position in regard to this (Russia-Ukraine) conflict.

"Why did we take that position? It is not that we are oblivious to our interest. On the contrary, our interests required us to take that position because the fact is we have our own history; we have our own experiences with Russia.

'We have our strategic view of the world. What does a country A close to country B, mean to us. If we move to country C what does it mean to us? So strategic assessment and logic is ours, he said.

"The experience and history are ours and the interests are ours. Ultimately I have to also calculate. What is the gain, what is the loss? What is the risk and benefit I would have? So it is the combination of those calculations - the metrics that is made out of that. That is what has led me to take a certain position. And that is what has led others to come up with the arguments to try and influence my position," he added.

Replying to the other part of the question where the student asked about India's stand if China invades Taiwan, Jaishankar said he really does not see any connection between the Russia-Ukraine war and the China-Taiwan ten-

"The link is being established to influence India as though the country's interests are endan-



gered in some form, he stated."Our boundary issues with China started in the 1950s. So. If something has been going on for 70 years, and something happened five months ago, please tell how these two developments influence each other?"At the moment what is happening is natural, given the polarised global situation.

"Different countries and parties try to influence us to take positions. To do that they advance arguments which they hope will appeal to us. So, some way they will stretch it and try to bring it around us as though our interests are endangered in some form," he said.

Replying to a query on a permanent seat for India in the UN Security Council, Jaishankar said the world was not generous but that does not mean the dream should not be chased.

Asked if the US recession will affect employ ment of graduates in India, the former IFS officer said: "The economic direction is not as clear and strong and negative as your question may suggest...The global economy in the short-term is going to be volatile. Whether this volatility will translate into recession, we will have to wait and

Jaishankar reacts to B'desh stand on its One-China policy

Bengaluru, Aug 13 (UNI) On the One-China stand of Bangladesh, External Affairs Minister S Jaishankar said that the neighbouring country naturally will take decisions in their interests, but Bangladesh is a very valuable partner and India is deeply committed to fostering a relationship with it.

"Bangladesh is a sovereign country. They have their interests. they have their outlook. They will do (things) in their interest and according to their judgement. So, what I want to say is that our relations with Bangladesh are very special. They go back to the origin of Bangladesh ... For us Bangladesh is a very very valuable partner and we clearly are very deeply committed to fostering that relationship," he said replying to a related query in an interaction with PES University students here

Jaishankar lauded the Narendra Modi-led central government for improving relations with Bangladesh which had always been a problem in the past. For instance, the land boundary agreement with Bangladesh has brought India enormous benefits in terms of creating connectivity, he said.

"They (Bangladesh) have not always been as good as they are today. There have, in the past, been problems in our relationship with Bangladesh, but if we were to look at Prime Minister Narendra Modi's 8 years of government and if somebody asks me to pick top five achievements or even top three achievements in foreign policy, I would say the land boundary agreement that we did with Bangladesh. This has brought us enormous benefit in terms of stabilizing the boundary tensions and creating connectivity," he stated.

8 Firms In Race To Develop Monkeypox Vaccine In India: Sources

New Delhi: The Indian Council of Medical Research has got 31 bids from manufacturers that are interested in developing vaccine and detection kit in India for the monkeypox virus, people with direct knowledge of the matter said.

These manufacturers will develop the vaccine in a public-private partnership, or PPP, mode, they said.

Eight pharma firms have said they are interested in developing a monkeypox vaccine, while 23 have applied to manufactured virus detection kit, sources in the Indian Council of Medical Research, or ICMR, said.

India has till now reported 10 cases of monkeypox infection. The latest case was reported from Delhi, where the tally has reached five. The Delhi patient is a 22-year-old woman who, a month ago, had returned from Nigeria. The central government had released a host of guidelines to check the virus spread in India, including those at the entry points to the country. International passengers have been asked to avoid close contact with sick people, and dead or live wild animals. The first case of monkeypox in India was reported from Kerala's Kollam district on July 14.

According to the World Health Organisation, monkeypox is a viral zoonosis - a virus transmitted to humans from animals - with symptoms similar to those seen in the past in smallpox patients, although it is clinically less severe. These manufacturers will develop the vaccine in a pub-lic-private partnership, or PPP, mode, sources said The Indian Council of Medical Research has got 31 bids from manufacturers that are interested in developing vaccine and detection kit in India for the monkeypox virus, people with direct knowledge of the matter said.



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7 Die In Bihar's Saran District **After Allegedly Consuming Toxic Liquor**

Saran, Bihar: At least seven people have died in the last three days allegedly after consuming illicit liquor in Saran district of Bihar which is a dry state, a senior police officer said on Saturday.

The incident occurred after 11 people died and several others fell ill after drinking toxic liquor in the same district last week.

"Seven people have so far died in Masudhi area since August 10. Villagers claim that the deceased consumed spurious liquor. The exact cause of death can only be ascertained after getting post-mortem examination reports," Superintendent of Police Santosh Kumar said.

Sonia Gandhi Tests Positive For Covid, Two Months After **Last Infection**

New Delhi: Congress President Sonia Gandhi has tested positive for Covid-19 again, tweeted party MP and in-charge Communications Jairam Ramesh, adding that she was stable and would remain in isolation following all protocols.

"Congress President Smt.Sonia Gandhi has tested positive for Covid-19 today. She will remain in isolation as per government protocol," he tweeted. "Congress President Smt. Sonia Gandhi has tested positive for Covid-19 today. We wish her speedy recovery and good health," the Congress also tweeted from its official Twitter handle. Mrs Gandhi had tested positive for the coronavirus in June as well and had sought.

Assad's opponents rage against Turkish call for 'reconciliation' with Syria

BEIRUT: Thousands of people staged protests across parts of rebel-held northern Syria on Friday after the Turkish foreign minister called for reconciliation between Syrian opposition groups backed by Ankara and the government of Syrian President Bashar al Assad.

More than 11 years after civil war broke out in Syria, the north-western region, near the Turkish border, is the last area still in the hands of fighters seeking to topple Assad, with control divided between jihadist factions and other rebels backed by Turkiye.

The Turkish government maintains

thousands of troops in the area and backs a coalition of armed groups opposed to Assad under the banner of the Syrian National Army (SNA).

"We need to bring the opposition and regime together for reconciliation somehow, there will be no permanent peace otherwise," Turkish Foreign Minister Mevlut Cavusoglu told reporters in Ankara on Thursday. After he spoke, protests began in parts of rebel-held Syria, with people carrying opposition flags



through the streets on Thursday evening and pulling Turkish flags from police stations and administration offices. We have suffered under this criminal for 11 years and we will continue with our revolution," Mahmoud Salo, a 45-year-old teacher, said at a protest in

Around 3,000 people gathered in Azaz on Friday while protests were also held in other parts of the north-western Idlib province and in northern parts of neighbouring Aleppo province.

Many Turkish advisers who work at a number of local institutions did not show up for work on Friday.

PM Modi's Mother Distributes National Flags Ahead of Independence Day

ister Narendra Modi's mother Hiraba Modi, who entered the 100th year of her life in June this year, on Saturday distributed national flags to children at her residence on the outskirts of Gandhinagar city in Gujarat.Chief Minister Bhupendra Patel kicked off the three-day "Har Ghar Tiranga" campaign to commemorate the 75th anniversary of Independence by hoisting a huge tricolour on a 100feet tall flag post at Children's University in the state capital on Saturday. Under this campaign, Hiraba Modi distributed national flags to children at her residence and waved the tricolour with them, a



government release said. She lives with the Prime Minister's younger brother Pankaj Modi.

"Tiranga Yatra" organised in different parts of Gujarat with BJP MLAs and ministers participating in rallies with people carrying the tricolour.

Earlier in the day, Gujarat BJP president CR

Paatil participated in a seven-km rally at Vijapur in the Mehsana district in the presence of senior Bharatiya Janata Party (BJP) leaders, MLAs and former MLAs. In Vadodara, BJP MP Ranjan Bhatt took out a "Tiranga Yatra" with local MLAs. Similar celebrations were wit nessed in other cities and towns of Gujarat.

Novelist Salman Rushdie on ventilator after **New York stabbing**

British author Salman Rushdie, whose sacrilegious writings have made him the target of death threats, was stabbed in the neck and torso onstage at a lecture in New York tal, police said. After hours of surgery, Rushdie was on a ventilator and unable to speak on Friday evening after an attack condemned by writers and politicians around the world as an assault on the freedom of expression."The news is not good," Andrew Wylie, his book agent, wrote in an email. "Salman will likely lose one eye; the nerves in his arm were severed; and his liver was stabbed and damaged."Rushdie, 75, was being introduced to give a talk to an audience of hundreds on artistic freedom at west-



ern New York's Chautauqua Institution when a man rushed to the stage and lunged at the novelist, who has lived with a bounty on his head since the late 1980s.Stunned attendees helped wrest the man from Rushdie, who had fallen to the floor. A New York State Police trooper providing security at the event arrested the attacker. Police identified the suspect as Hadi Matar, a 24-year-old man from Fairview, New Jersey, who bought a pass to the event.

"A man jumped up on the stage from looked like beating him on the chest, repeated fist strokes into his chest and neck," said Bradley Fisher, who was in the audience. "People were screaming and crying out and gasping."

A doctor in the audience helped tend to Rushdie while emergency services arrived, police said. Henry Reese, the event's moderator, suffered a minor head injury. Police said they were working with federal investigators to determine a motive. They did not describe the weapon used.

"Sincere Gratitude": Taiwan Thanks US for Maintaining Security In Region

Taiwan's foreign ministry expressed its "sincere gratitude" towards the United States for taking "concrete actions" to maintain security and peace in the Taiwan Strait and the region, it said in a statement on Saturday. U.S. Indo-Pacific coordinator Kurt Campbell said on Friday that China "overreacted" to U.S. House of Representatives Speaker Nancy Pelosi's visit to Taiwan, which set off days of war games by Beijing around the island, which China views as its own territory.

Taiwan's foreign ministry said in a statement on Saturday that China's "unprovoked military and economy intimidation" had "further strengthened the unity and resilience of the global democratic camp." Taiwan President Tsai Ing-wen said on Thursday that China's threat of force is undiminished, even though Beijing's largestever military drills around the island, following Pelosi's visit last week, seemed to be scaling down.At a rally on Saturday in southern Taiwan for local elections scheduled for late November, Tsai said they were not just facing rival candidates, "but also pressure from China." "Taiwanese are very enthu-

nitely take care of Taiwan."

to Mao Zedong's Communist government and the military are prepared, and I will defi-Party, which established the People's Republic of China in



siastic and love freedom and democracy, so many good international friends have come to Taiwan to support us. This is a normal and good thing, but China threatens and intimidates Taiwan," she said.

"However, I would like to reassure everyone that both our

Taiwan's government says that as the People's Republic of China has never ruled the island, it has no right to claim it or decide its future, which can only be set by Taiwan's people. The defeated Republic of China government fled to Taiwan

in 1949 after losing a civil war

Beijing.China has never renounced the use of force to bring democratically governed Taiwan under its control. (Reporting by Sarah Wu; Writing by David Kirton and Ben Blanchard; Editing by Tom Hogue, Michael Perry and William Mallard)

Chinese "Spy" Ship Cleared To Dock At Sri Lanka Port: Report

Colombo: Sri Lanka's government granted permission on Saturday for a controversial Chinese research vessel to visit the island despite India's concerns that it could spy on New Delhi's military instal-lations, news agency AFP reported, quoting officials.

The Yuan Wang 5 is described as a research and survey vessel by international shipping and analytics sites, but is said to be a dual-use spy ship.

New Delhi is suspicious of Beijing's increasing presence in the Indian Ocean and influence in Sri Lanka, seeing both as being firmly within its sphere of influence.The Yuan Wang 5 was originally due to call at Sri Lanka's Chinese-run Hambantota port on August 11, only for Colombo to ask Beijing to indefinitely defer the visit. But Sri Lanka's harbour master, Nirmal P Silva, said he had received foreign ministry clearance for the ship to call at Hambantota from August 16 to 22."The diplomatic clearance was received by me today. We will work with the local agent appointed by the vessel to ensure logistics at the port," Silva told AFP.Foreign ministry sources confirmed that Colombo had renewed permission for the visit, which had initially been granted on July 12, a day before former president Gotabaya Rajapaksa fled following months of protests over the country's worst-ever economic crisis.Rajapaksa -- whose brother Mahinda borrowed heavily from China while president from 2005 to 2015 -resigned after escaping to Singapore. Tens of thousands of protesters overran his palace and home in Colombo after accusing him of mismanagement in an economic crisis that has led to acute shortages of food, fuel and medicines.

Port officials said the Chinese vessel was about 1,000 kilometres (620 miles) south-east.

"Javaid JD" Guides Panjipora Cricket **Academy To Win Over Shining Star Amberpora By 6 Wickets**

Sopore,13th Aug.:- In the Ongoing Super Smash Cricket tournament Panjipora Cricket Academy Beats Shining Star Amberpora at Shiekh-Ul-Alam Stadium Tarzova

Batting first Shining Star Amberpora bundled-out for a paltry score of 109 runs in 16 overs.Manzoor Mir remains highest run-getter for Shining Star Amberpora with 39 runs off 26 balls. Rafi Leggy took 3 wickets while Javaid JD and Tan Shalla took 2 wickets each for Panjipora Cricket Academy.

In reply Panjipora Cricket Academy chased the target of 110 runs in 15.2 overs for the loss of 4 wickets and won the match by 6 wickets. Javid JD played a splendid Knock of 40 while Tan Shalla added 25 runs off 23 balls for Panjipora Cricket Academy. Javaid JD was declared Player of the match for his splendid all-round performances. The tournament is sponsored by SKIE Classes Parreypora / Rajbagh.Courses Offered NEET/JEE.

Ramban: 431 cases settled in **National Lok Adalat**

RAMBAN, AUGUST 13: The District Legal Services Authority (DLSA) Ramban under the Chairmanship of the Principal District and Sessions Judge, Haq Nawaz Zargar who is also the Chairman DLSA organized National Lok Adalat on directions of U.T of J&K Legal Services Authority today in district Ramban.

In the said National Lok Adalat 855 cases of different nature were taken up and 431 cases were settled and settlement amount of Rs. 64,00,000 was awarded in MACT and labor Cases and Rs 71,590 was recovered as a compounding fine in other cases and Rs 16,87,143 were awarded in bank and other recovery cases.

Six benches for settling the referred cases were constituted. 1st bench of the National Lok Adalat was presided over by the Principal District and Sessions Judge Ramban who was assisted by Additional District & Session Judge Fast Track Court Ramban, Surinder Singh 2nd bench of Lok Adalat was presided over by the CJM (Sub Judge) Ramban, Anjum Ara who was assisted by Secretary District Legal Services Authority Ramban Pooja Gupta and Arusa Choudhary Munsiff JMIC Ramban, 4th,5th & 6th benches of Lok Adalat were constituted at Batote, Banihal and Ukhral.

The bar members and litigants and other stakeholders cooperated in settling the cases in National Lok Adalat. The COVID-19 Guidelines were followed in the said Lok Adalat strictly.

Azadi ka Amrit Mahotsav Massive plantation drive carried out across Rajouri Forest Division

RAJOURI, AUGUST 13: A massive tree plantation drive was undertaken in Kalakote to mark Azadi ka Amrit Mahotsav celebration and completion of 75 years of independence. Saplings of different species were planted in large numbers by forest department staff, local villagers and school children in presence Vivek Verma Conservator West circle; Anita Thakur DDC member Kalakote; Babu Khan BDC Chairman Kalakote; Vijay Suri Municipal Committee Chairman Kalakote and PRI members.

On the occasion, locals appreciated the efforts made by the forest department to plant peepal and bargad saplings at prominent places as well as distribution of plants free of cost among local villagers under Har Gaon Haryali scheme for making tree plantation a mass public

The Conservator West circle, while stressing the need for protection of forests and environment, explained the cultural importance of Peepal and Bargad which are known for habitat improvement as well as oxygen gener-

Ornamental plants were also distributed at Government High School Potha in presence of Principal and teachers along with the plantation carried out in school premises to generate environmental awareness among the chil-

The programme was organised by Arshdeep Singh Divisional Forest Officer Rajouri, He thanked the participants for their wholehearted participation in the planta-

Director Horticulture inspects Govt Fruit Plant **Nursery Vijaypur**



JAMMU, AUGUST 13: Director Horticulture Jammu, Ram Savak today visited Government Fruit Plant Nursery, Vijaypur of district Samba and inspected the ongoing works in the nursery.

He was accompanied by Joint Director Horticulture Jammu, C. L Sharma; OSD, Ashwani Sharma; DHO, Rajesh Pangotra, besides DHO Samba, Hamid Ahmed, HDOs and other staff members of Samba district were

activities and gave on spot instructions to the concerned officer and nursery staff regarding the production of quantity and quality of grafted planting material in the nursery. He instructed them to achieve the targets set for production of fruit plants well in time to provide quality plants to the farming community for establishment of orchards.

Later, he inspected the block of imported Date Palm established in the nursery for trial purpose during the year 2021 and directed to prepare a Detailed Project Report for the establishment of new mother blocks of exotic fruit crops in the nursery.

cials to put in their best efforts to disseminate awareness about Modified Ultra High Density Plantation Scheme, Micro-Irrigation Technologies, Protected Cultivation Techniques, Organic Farming, Mechanization etc., and maintain a close liaison with the growers/orchardists to enable them to enhance their fruit production and in-

Tourism Directorate Jammu organises Tiranga Bicycle Rally, Rafting in Reasi

REASI, AUGUST 13: The destination in Reasi Dis-Directorate of Tourism, trict. Jammu, on the directions of Director Tourism, Vivekananda Rai, on Saturday organised a Bicycle Rally from Bhimgarh Fort to Syiad Baba Reasi and Rafting at Baradari, Reasi as a part of 'Azadi Ka Amrit Mahotsav' and 'Har Ghar Tiranga' campaign.

A group of 30 cyclists was flagged off by Babila Rakwal, Deputy Commissioner, Reasi, in presence of Sunaina Sharma, Joint Director Tourism Jammu; Abdul Jabbar, DDT (Publicity & Adventure) and Ambika Bali, Assistant Director Tourism Katra.

The cyclists started from the Bhimgarh Fort with the loud chants of "Jai Hind," "Bharat Mata Ki Jai" and Tricolor flying high. After passing different areas the Rally culminated at Sivad Baba-an important offbeat



The route of the bicycle rally passed through the Rafting site at Baradari and the mighty Chenab flowing, beside the beautiful surrounding peaks and hillocks.

Speaking on the occasion. Babila Rakwal, Deputy Commissioner Reasi, emactivities in all the off-beat destinations of Reasi District. She congratulated the tourism department for successfully conducting Paragliding, Ziplining trials at Dhanwa near Pouni and also at Mokhri which is approximately 5 kms ism Jammu also organized a Rafting event, which was also flagged off by Babila Rakwal, Deputy Commissioner, Reasi.

The Rafts moved in the gushing water of Chenab with Tricolour flying. The whole area was decorated with tricolours giving a patriotic view of the area. The motive behind organ-

ising these events was to

imbibe the spirit of nationalism among the youth and also to promote adventure tourism in the offbeat tourist destinations of Baradari of Jammu region and Reasi in particular. Addressing the media, the Deputy Commissioner. Reasi congratulated the Tourism Department for organising the events at

Reasi. "The motive of organizing these events is to promote Adventure Tourism in Reasi

Har Ghar Tiranga: Series of **Activities carried out in Kathua**



KATHUA, AUGUST 13: As Har Ghar Tiranga Campaign kick starts across the country, the Kathua district witnessed overwhelming response of citizens as Flag Hoisting, Tiranga rallies, Prabhat Feries were organised on the first day of the three day campaign across the district.

In remote tehsil Bani, a massive Tiranga Rally was organised wherein over two thousand students and ninetv staff members took part. The school students, holding National Flag in their hands amid chanting of 'Bharat Mata Ki Jai' passed through main bazaars of the tehsil headquarters.

A sensitization cum Flag Distribution Ceremony was held under the supervision of Deputy Commissioner, States Taxes, Kathua Ranjit Singh where he gave away National Flag to the staff members to hoist at their homes and become part of Har Ghar Tiranga campaign. The DC and staff members also distributed Flags among incoming passengers at Lakhanpur entry point.People were also briefed about the Flag Code so that they can maintain the sanctity of the National Flag at all times.In border tehsil Marheen, a massive Tiranga Car & Bike Rally was organised which was flagged off by Tehsildar, Lekh Raj. A large number of inhabitants of the border village Mukandpur Choudhrian and peripheral Panchayats participated in

saheb Group present

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The Tiranga rally touched Marheen and Hiranagar tehsil and culminated back at Mukundpur Chaudhrian. At Billawar, NYK Kathua

organised a Parbhat Feri at Dhar Mahanpur which witnessed active participation of students drawn from different schools. Amid singing Patriotic songs, the procession passed through different parts of the block headquarters to spread the message of hoisting the National Flag from 13-15 August under Har Ghar Tiranga campaign. Likewise, Government De-

partments and Educational Institutions also hoisted the tricolour and distributed National Flags in offices and schools.. A sensitization cum Flag Distribution Ceremony was held under the supervision of Deputy Commissioner. States Taxes. Kathua Ranjit Singh where he gave away National Flag to the staff members to hoist at their homes and become part of Har Ghar Tiranga campaign. The DC and staff members also distributed Flags among incoming passengers at Lakhanpur entry point. People were also briefed about the Flag Code so that they can maintain the sanctity of the National Flag at all times.In border tehsil Marheen, a massive Tiranga Car & Bike Rally was organised which was flagged off by Tehsildar, Lekh Raj. A large number of inhabitants of the border village Mukandpur Choudhrian and

National Lok Adalat held across Doda; 6 benches settle 450 cases

DODA, AUGUST 13; In pursuance to the national calendar and under directions of J and K Legal Services Authority, a National Lok Adalat was organized in district Doda by the District Legal Services Authority Bhaderwah under the supervision and guidance of Chairman DLSA, Bhaderwah, Virinder Singh Bhau and Secretary DLSA, Bhaderwah, Mudasar Farooq. The National Lok Adalat was inaugu-

rated by the Chairman DLSA, Bhaderwah and Secretary DLSA, Bhader-

In his inaugural speech, the Chairman informed the litigants about the benefits of National Lok Adalat and settling of disputes through conciliation. The gathering was also addressed by the Secretary DLSA Bhaderwah and emphasized the need and importance of National Lok Adalats for amicable settlement of disputes between the parties.

Six Benches constituted by Virinder



Judge/Chairman District Legal Services Authority, across the district took up Criminal Compoundable cases, Matrimonial and cases, Maintenance, Cheque Bounce, Civil, Recovery, labour, PUS Matters, MACT-Litigation and Pre-Litigation cases and other cases.

The benches were constituted in Singh Bhau, Pr. District and Sessions the court complexes of Bhaderwah,

by amicably in presence of parties. The total amount of Rs. 17464274 has been settled in bank recovery, money recovery & MACT Cases with the efforts of the presiding officers of courts, Bar members of the respective courts and representatives of banks and insurance companies. A fine of Rs. 217350 was also recov-

Munsiff court Gandoh.

ered. Judicial officers, members of Bar, revenue officers, bank managers of various banks, representatives of various insurance companies, officers of PHE, PDD, Municipality, Fisheries, parties of the cases and people at large participated in the said national Lok Adalat through Virtual means as well as physically on need basis after observing all Covid SOPs and following the guidelines of High Court of J and K

Doda, Munsiff court Thathri and

A total of 1047 cases were taken up

nature mentioned supra were settled

out of which 450 cases of different



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